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Our Daily Bread

During the past few months a great deal of thought has been given in Canada to the subject of nutrition. In the daily newspapers as well as in various periodicals, the whole question has been discussed at considerable length. The visit to Canada of so great an authority as Sir John Boyd Orr has, of course, gone far to focus public attention on this problem but the conviction that all was not well had begun to crystallize in the minds of many Canadians long before Sir John so boldly put it into words.

During the years when the shadow of the depression was deepest, physicians, nurses, social workers, and nutritionists in every province of the Dominion learned at first hand how bitter the struggle to live had become in many homes. As a result of that knowledge a number of studies have been made under various auspices which, when they are fitted together, constitute a serious indictment of the social and economic conditions under which we now live.

Nurses are citizens as well as professional workers and should be informed upon all questions which affect the health of the people. In this issue of the *Journal*, therefore, several articles are being published which deal with different aspects of nutrition. All of them are written by women who are thoroughly competent to discuss the subject and who have set down their findings with clarity and detachment.

Some readers may find it difficult to emulate this good example. In spite of themselves, they may read between the lines. Instead of the tables of carefully counted calories they may see heaps of ripe tomatoes rotting in the hot sun, acres of peach and apple trees shedding their rich fruit because there is no one to gather or to buy it, tons of fish thrown back into the sea. Heartbreak, and want, and wicked waste in a fertile land which teems with an abundance of the good things of life.

The word "nutrition" comes from

the same root as the word "nurse" and, in its deepest significance, means the same thing. Far from being a scientific abstraction it implies fostering, cherishing, *in one's heart*. If this definition seems sentimental we are not to blame. We found it in the Concise Oxford Dictionary of Current English.

It is not beyond the courage and wit of women to grapple with stupidity and greed and to overcome them. Do you remember what happened in the Crimea when Florence Nightingale found the door locked upon Army stores which were needed for the welfare of her patients? History may repeat itself.

Nutrition in the Health Mosaic

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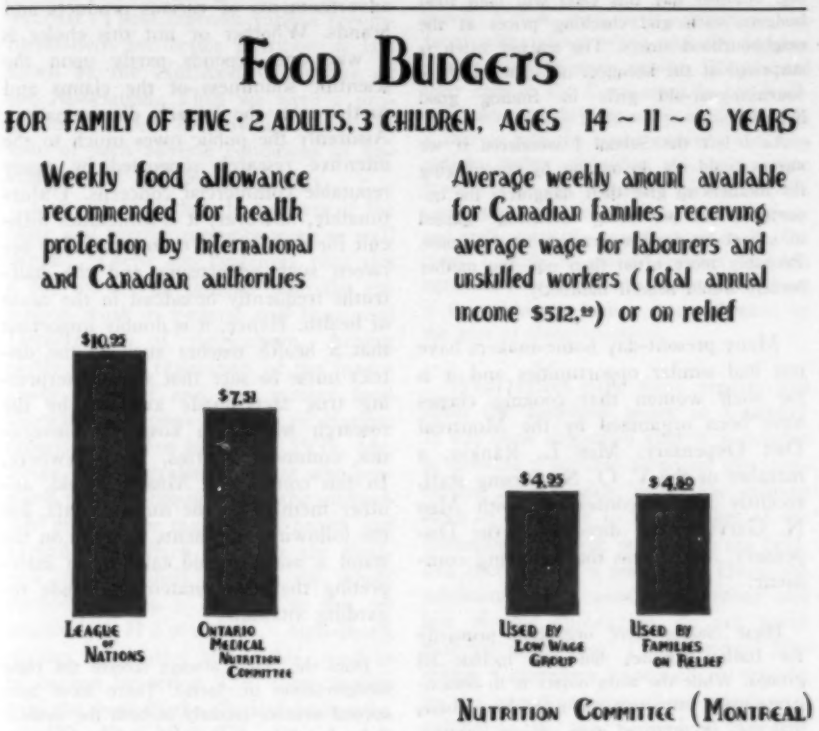
Interest in nutrition and its relationship to health has been growing with increasing rapidity during the past ten or fifteen years. Instruction from public health organizations and educational institutions, guidance from medical associations and hospitals, the efforts of the research workers and, more recently, commercial advertising and government surveys, have their share in this development.

As the Montreal Branch of the Victorian Order of Nurses commences its tenth year of organized nutrition work, it seems fitting that we analyse the relationship of these factors, both within and without the organization, which are contributing to the mosaic in this design for better living. It has been found that dietary habits and traditions are the most resistant to change of any native quality or characteristic, yet with proper motivation families do change their food habits more or less readily. For instance, here is a family typical of many throughout the city because of various nutritional and other health problems. When the nurse talked to the father the response was "There wasn't all this fuss about food when I was a child, yet we got along". It so happened that he had lived on a farm where barrels of apples and quarts of milk were available, but now because of the demands on his wages much juggling is necessary to obtain two quarts of milk daily. When it was pointed out to him (with the aid of the pictures in the booklet, "What to Eat to be Healthy") that in reality the nurse's teaching was based on the same principles as his childhood diet, which, in truth, had been adequate, the man quickly realized that certain adaptations of old habits must be made. Thus we have the starting point for successful guidance in health — the patient's or client's realization of the need. Mothers rarely fail to realize that milk is good for their children so they buy as much as they are able to. Yet, in the days of milk vouchers, all too frequently milk stood around until it was sour and then


FOOD BUDGETS
FOR FAMILY OF FIVE · 2 ADULTS, 3 CHILDREN, AGES 14 ~ 11 ~ 6 YEARS
Weekly food allowance recommended for health protection by International and Canadian authorities
Average weekly amount available for Canadian families receiving average wage for labourers and unskilled workers (total annual income $512.00) or on relief
$10.22
$7.31
$4.95
$4.89
LEAGUE OF NATIONS
ONTARIO MEDICAL NUTRITION COMMITTEE
USED BY LOW WAGE GROUP
USED BY FAMILIES ON RELIEF
NUTRITION COMMITTEE (MONTREAL)

This chart illustrates the deplorable discrepancy between the food allowances for health protection recommended by competent authorities and the amount actually available for many Canadians. Cost estimates are based on Montreal retail prices in April 1937.

went down the drain. More and more mothers are now adopting or inventing ways and means to use vegetable water in their cooking.

The sum total of a family's growing knowledge of nutrition principles may be traced to many sources. Miss W. King, a member of the nursing staff of the Montreal Branch of the Victorian Order of Nurses, recently made an observation visit at the Home Economics department of one of the city's elementary schools. Here girls of the sixth and seventh grade (11 to 14 years of age) are given fortnightly periods of one and a half to two hours instruction in the theory and practice of food choice and preparation. In reporting the highlights of this visit Miss King says:

> The visit was of particular interest because it was made during the cooking class of the seventh year girls when the group was studying the value of cheese as a cheap milk product. They were very interested and asked many questions while the cheese fondu was baking. It was noticeable that the pupils were careful to observe such laws of cleanliness as washing of hands before eat-

ing. Another day this class will plan food budgets, each girl checking prices at the neighbourhood stores. The teacher often is surprised at the keenness of some of these fourteen-year-old girls in finding good bargains.

As I left the School I wondered if we nurses could not do our bit by encouraging the mothers to give their daughters the opportunity of perfecting knowledge gained in school by further practice in the home. Probably more often than not, the mother herself would benefit indirectly.

Many present-day home-makers have not had similar opportunities and it is for such women that cooking classes have been organized by the Montreal Diet Dispensary. Miss L. Rankin, a member of the V. O. N. nursing staff, recently had a conference with Miss N. Garvock, the director of the Dispensary, and makes the following comment:

These classes were organized primarily for Italian families, but now include all groups. While the main object is to demonstrate many attractive and nourishing dishes that may be prepared even on low incomes, instruction is given indirectly on such topics as wise buying and fuel saving by means of fireless cookers and the planning of oven-cooked meals. Tea is served along with samples of food prepared by the dietitian during the demonstration and each mother is given copies of simple recipes. One woman who attended these classes said that she never had been able to serve such "good" meals until she started going to these classes. In one week she was able to save twenty-five cents on the food budget by putting into practice suggestions made by the dietitian and by the Victorian Order nurse. This same mother, anxious for others to share her knowledge, asked the dietitian to give a talk to a group of her friends who meet each week for sewing.

Every family, whether rich or poor, is influenced in food choice by glowing advertisements of various products and brands. Whether or not this choice is a wise one depends partly upon the scientific soundness of the claims and partly upon the buyer's discrimination. Assuredly the public owes much to the intensive research supported by many reputable commercial concerns. Unfortunately, however, it is sometimes difficult for the average citizen to judge between such advertising and the half-truths frequently broadcast in the cause of health. Hence, it is doubly important that a health teacher such as the district nurse be sure that she is interpreting true facts made available by the research worker in hospitals, universities, commercial firms, and elsewhere. In this connection, Miss H. Reid, another member of the nursing staff, has the following comments to make on the stand a nurse should take when interpreting the many statements made regarding vitamins:

Does the public always receive the right interpretation of facts? There have been several articles recently in both the medical journals and popular magazines claiming that the public has gone "vitamin crazy" and believe that in order to escape colds, ward off diseases, and have plenty of pep and energy, all they need to do is to swallow their vitamin pills. It is, therefore, necessary to keep this in mind when we are talking about a "well-balanced diet" in the district, and to try to show our people how they can get the vitamins they need by eating the right food.

In other words, public health instruction is interpreting in a sane fashion scientific facts valuable for health protection.

Further stimulus is being given to the cause of nutrition by such reports as the one on relief diets, issued in 1933 by the Ontario Medical Association, and more recently, by articles appearing in The Canadian Medical Association

Journal. These embody various recommendations for better nutrition as laid down by the Nutrition Committee of the Association. Thus we have a programme which is showing results in spite of such adverse conditions as unemployment and poor housing.

Can we hope that the interest of the State will further promote work so well begun? There are evidences that this is so; we are all familiar with the extension work in Federal and Provincial Departments of Agriculture. Arising partly from a realization of the inadequacy of relief and low income food allowances, various League of Nations reports have been issued. In 1935, Mr. Bruce, the Australian delegate who proposed the first enquiry, used the memorable phrase "the marriage of health and agriculture" which describes the situation in a nutshell, because the whole economic set-up is included in this relationship. However, high-flown phrases, no matter how noble, need to be backed by action. Can these reports help the work in the district? Indirectly, yes. The New York Times has the following comment to make on the most recent report which appeared in 1937 —"By all odds, the 'Relation of Nutrition to Health, Agriculture and Economic Policy' is the most important book published this year."

These reports at present are of particular value as they influence public opinion, which in the long run, must back action by democratic governments. Sir John Boyd Orr, in the booklet, "Not Enough Food for Fitness", comments as follows:

> The Government would find it difficult to initiate a policy which will cost money and may interfere with certain vested interests unless there is a strong public demand for it. When the public demand it, the necessary measures will undoubtedly be prepared. A few years ago, agriculture was faced with falling prices, and the farmers were unable to make profits. They stated their case to the Government in no uncertain voice, and they got a few million pounds a year to help the wheat growers, and then various other subsidies to help other branches of the industry. Saving British agriculture was in the national interests and well worth the money spent on it. The point I wish to make, however, is that agriculture would never have been saved if there had not been a strong demand on the part of those interested.

What effect have these reports had upon the nutrition policy in Canada? It has been suggested that it is possible to provide a suitable balanced diet containing all essentials, under the existing rates of assistance to the families of the unemployed. Those who are in the field, and therefore in a position to know the subsistence level possible on relief and low income allowances, do not agree that this is the case. The Montreal Nutrition Committee expressed its opinion in the accompanying chart which was exhibited at the Canadian Dietetic Convention in May, 1937. However, to fully answer the question of adequacy or inadequacy of any diet, more than surmise is necessary, so that various attempts have since been made to obtain more conclusive information. In the spring of 1937, machinery was set in motion for a survey of the food consumption of one hundred Toronto low-income families. A preliminary report of this survey appeared in the January 1939 issue of The Canadian Public Health Journal in the form of an article by Dr. McHenry of the University of Toronto. It is of interest to all Victorian Order Nurses in Montreal that Miss Bell, our first nutritionist, who is now director of the Visiting Home Makers Association in Toronto, was a very active member of the committee

directing this survey which has been the means of stimulating others of a similar but modified nature in various parts of Canada. These are being sponsored by the Department of Pensions and National Health, and assistance is being given by the Bureau of Statistics.

By means of the Toronto survey, records of individual food consumption for a week were obtained by three paid workers on leave from the staff of the Visiting Homemakers Association. As these workers weighed the food used by each individual in the family it can be seen what splendid co-operation was given by the families, also this factor emphasizes the accuracy of the information obtained. These records were carefully tabulated by members of the staff at the School of Hygiene, University of Toronto.

The consumption of essential food elements is expressed in percentages of a standard recently prepared by the Canadian Council of Nutrition, a committee of scientific experts assembled at the request of the Department of Pensions and National Health. The findings for one hundred families are briefly as follows:

Average number of children per family: 4.2

Average income per week: $19.64

Calorie intake: 76 percent; 42 families were below this level, one as low as 57 percent.

Protein intake: 77 percent; for pregnant mothers: 70 percent; for nursing mothers: 57 percent.

Calcium intake: 69 percent; for men: 106 percent; for women: 82 percent; for young children: 57 percent; for older children: 49 percent. This percentage is distressingly low for children.

Attention is drawn to the relationship between low milk and calcium intake. The 50 families from which details of milk consumption were available averaged .35 pints per person a day. Because of the difficulty of obtaining adequate quantities of milk due to its cost, it is recommended that the use of its cheaper form, cheese, be increased. Per capita consumption figures in the final report of the League show that Canada used only one-third of the quantity used in Great Britain and one-fifth of that used in continental countries.

Iron intake: 84 percent; it is interesting to note that men received 115 percent due to the unselfishness of the women in taking smaller portions of iron-bearing foods such as meat. Due to the fact that a woman's physiological needs for iron are far greater than those of men, they received only 53 percent.

Vitamin intake: Vitamin A, adequate; vitamin B1, inadequate; vitamin C, adequate; vitamin D, not estimated.

The suggestion is made by means of excellent graphs, comparing food intake of the higher and lower income levels of this group of 100 families, that inadequacy is largely a matter of income. However, the importance of planned buying as a means of more nearly approaching adequacy is shown by the comparison of two families of four individuals each, with a similar weekly food allowance. The percentage standard is as follows:

Allowance for food	*Calories*	*Protein*	*Calcium*	*Iron*
$6.80	66	67	74	56
$6.64	91	82	83	64

In the above table, the cash allowance represents the money actually available to buy food for a family of four persons for one week. It will be noted that the second family not only spent less but got more for the money.

A survey of the occurrence of nutritional anaemia among women in the low income and relief groups was made recently in Montreal by Dr. W. R.

Kennedy of the Child Welfare Association. His report was published in the February 1939 issue of The Canadian Medical Association Journal and the following paragraphs are quoted from a summary prepared by Miss J. Manuel, a member of the V.O.N. staff in Verdun:

During the investigation 1,451 women were chosen from the poorer classes of Montreal, and from widely separated districts. These women were all of child-bearing age, and did not present themselves because of any symptoms of ill health. Each was given a red blood count and a haemoglobin estimation and anaemia was considered to be present if the haemoglobin was less than 80 percent; 56.8 percent had normal haemoglobin levels; 43.2 percent exhibited various degrees of anaemia with haemoglobin levels less than 80 percent. Moderate anaemia was present in 124 cases and severe anaemia was present in 64 cases. The anaemia was of the hypochromic type in practically all instances.

From puberty to the menopause, the drain upon the iron stores is the greatest because of the normal physiological iron requirements of the female for growth, menstruation, pregnancy, and lactation. The possibility of the haemoglobin being reduced will be greatest at this time, particularly if the demand for iron is greater than the supply of iron to the body. Fullerton comments that in many cases, menstruation constitutes a greater demand for iron than pregnancy. If menstrual loss exceeds the available intake of iron, as it does in the poorer classes, a negative iron balance is produced by this cause alone which will continue to the menopause.

The approximate protein diet of 50 cases with haemoglobin levels between 75 and 100 percent was compared with 50 cases with haemoglobin levels between 25 and 65 percent and it was found that less protein in the form of beef, pork, liver, chicken and eggs was consumed by the anaemic persons. Approximately the same amount of fish and milk was used by both groups.

The reason that iron deficiency anaemia is much more common in women than in men of the same social class is to be found largely in the fact that, under ideal circumstances, women require for health up to the age of the menopause about four times as much iron as men. Although there are other factors than iron which can influence the production of haemoglobin, iron may cure many cases of hypochromic anaemia.

In summing up this attempt to assemble the many pieces of mosaic in a design for more healthful living, I quote from Dr. McHenry's report of the Toronto survey:

It has become increasingly apparent in recent years that more attention should be paid in public health work to nutrition. The control of infectious diseases is not alone enough to ensure a decent level of health. We can confidently expect an improvement in health and efficiency to follow improvement in food habits. No more pertinent quotation could be given than the brief statement made by Brillat-Savarin over one hundred years ago: *The welfare of a nation depends upon the way in which it is nourished.*

The Dream Came True!

The King and Queen of our vast British Empire stopped to chat with the patients and staff! What a day of celebration for the University of Alberta Hospital! The joy that Their Majesties brought to the hearts of the disabled veterans and crippled children was too great for words—was as deep as tears.

Picture the hospital lawns dotted with clumps of cool shade trees and beds of newly-planted flowers brilliant in the afternoon sunshine. Add to this music played by boys' bands with all the zest they could muster, and the hum of seven hundred thrilled and excited people. Veterans in beds and deck chairs, children in cots and wheelchairs, uniformed nurses, some in white others in pink or blue, uniformed orderlies and housekeeping staff, relatives, photographers, and eighty-five farm boys who had helped convey the patients from the wards, filled the grounds. Uniformed members of the 17th Cavalry Field Ambulance lined the driveway while across the street hundreds of people watched from roofs, verandahs, lawns and boulevards, cheering and singing as they waited.

A tense silence fell as the band played the National Anthem. Slowly along the driveway came our gracious King George and smiling, charming Queen Elizabeth. Rumours had spread among the patients that Their Majesties might stop but as they actually descended from their maroon automobile it was almost unbelievable. Those who could find voice cheered, others clapped, and all felt like the elderly veteran who, as he wiped back the tears said, "It's been a long time, but he's come at last."

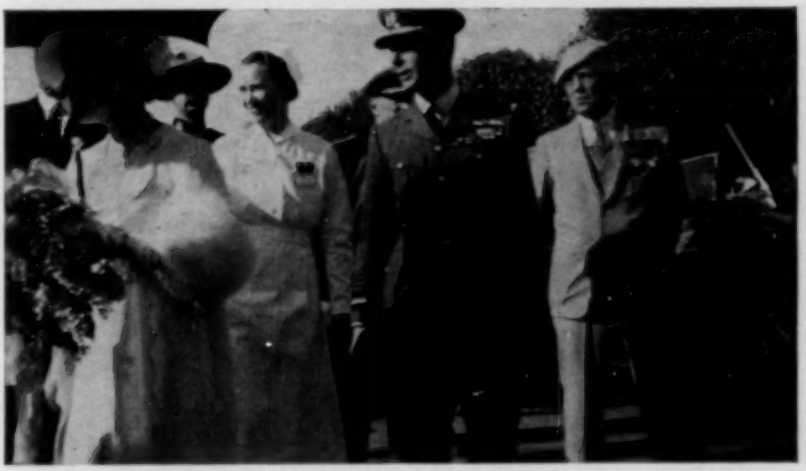
Their Majesties were received at a specially constructed gateway, by Lieut.

Col. R. T. Washburn, M.D., Medical Superintendent, and Lieut. Col. L. C. Harris, M.D., Medical Officer of the Department of Pensions and National Health. Miss Helen Peters, superintendent of nurses was presented, and accompanied them as they visited the veterans and children. Another of the staff presented to Their Majesties was Miss Christine McKay who had served overseas during the World War.

The King and Queen chatted with the veterans and shook hands with them, showing an enthusiastic interest. "The King said he hoped I'd soon recover and when he said it he really sounded as if he meant it. It wasn't a casual thing to him, he put his heart in it," reported a veteran who had received the Military Cross from King George V at Buckingham Palace.

As the King and Queen were passing among the thirty-seven war veterans one said in an awed voice, "Your Majesty, you are lovely." "The Queen smiled," he said, "and so did the King, and then that lovely lady tilted her head over on one side as pretty as a bird and said to me, 'That is very nice of you, thank you.' And did she smile! Oh boy, —a million dollars' worth that's all! I'll never forget it."

As the party walked over to the children, the King, accompanied by Miss Peters, and the Queen by Dr. Washburn, they both chatted freely and asked many questions. King George asked how many children there were in the Hospital, and remarked that with a climate like this there should not be much illness amongst children. He wanted to know the cause of most of their trouble, and when told that it was poliomyelitis, expressed sympathy for them. He then asked Miss Peters how long she had been here, and if she had been superintendent of nurses all the time, asked about the number of nurses on the staff, and when told that there were graduate and student nurses seemed very interested in the fact that we were training nurses.



Their Majesties accompanied by Lieut.-Col. L. C. Harris and Miss Helen S. Peters, superintendent of nurses, University of Alberta Hospital.

When Their Majesties neared the children a little patient, six years old, in a pretty cornflower blue taffeta dress with sweetheart roses and corn flowers in her hair curtsied daintily and presented to the Queen a colonial bouquet of gardenias, lilies-of-the-valley, sweetheart roses, and corn flowers with pastel ribbon streamers, and voiced our sentiments when she said, "God bless you, Ma'am."

Two nights before Their Majesties came to Edmonton a little twelve-year old girl dreamed that she would meet them and talk with them. She was one of the crippled children selected at random by Their Majesties for royal smiles and greeting. She said, "They both smiled real sweet at me, and then suddenly they stopped and spoke to me,—*and my dream came true!* The Queen looked so lovely I can't describe her and she smiled at me and said 'How are you feeling, little girl?' But I was so excited I couldn't speak. I just couldn't say a word. The King has such a kind face and the Queen, she's beautiful."

It was a memorable day, a day which has been relived many times and a memory which will be handed to those who come after us, the day when we were visited by Their Majesties King George VI and Queen Elizabeth—*the day when our dream came true!*

CATHERINE M. CLIBBORN
Instructor of Nurses

Food and Health

ELIZABETH CHANT ROBERTSON, *M.D., Ph.D.*
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We all know that if one persistently eats a very unbalanced diet, which lacks one of the vitamins, that a severe deficiency disease results. For instance if no vitamin C is eaten, scurvy comes on. If we eat no vitamin B1, we get beriberi. If our babies are fed no vitamin D, they usually develop rickets. Although we still see scurvy and rickets in improperly fed babies, these deficiency diseases are rare among Canadians nowa-days. Apparently we eat enough of these essential factors to prevent the development of deficiency diseases. But do we eat enough to ensure optimum growth and health? There are many indications that many of us do not.

For example, some very interesting studies have recently been reported from Montreal. The heights and weights of school boys in three different sections of the city were compared. The boys from a fine residential district were 1 to 4 inches taller and 2 to 12 lbs. heavier than the sons of skilled workmen. These differences were largely due to differences in their food. An even more enlightening test has recently been carried out in a Chicago institution. There it was found that, in one year, children given a good diet, including one and a half pints of milk daily, grew half an inch more in height and 2½ lbs. more in weight than their playmates who re-

ceived half as much milk (¾ pint). If the test had been continued for ten years the differences would have been much more striking. Growing boys and girls should get at least 1½ pints of pasteurized milk each day, including that used in cooking. Adults need one-half to one pint daily.

Milk is our most valuable source of calcium and children need this substance in generous amounts in order to build strong bones and teeth. Adults need calcium too, because they excrete calcium every day. If they eat less than they excrete (and many of them do this) we say that they are in "negative balance", and the extra calcium excreted is withdrawn from their bones. This continuous slow drainage of calcium from their bones, if it goes on for years, makes their bones weaker. This is one of the main reasons why old people break their bones so readily and it may also cause backache from compression of the weakened vertebrae. Cheese is an excellent source of calcium and should be used generously, particularly if little milk is taken.

In order to keep up the haemoglobin supply of our blood we need to eat iron in our food. When we have too little haemoglobin in our blood we are anaemic. How many of us eat too little iron? A few years ago it was found that a large group of Toronto children who were eating an average diet, had a rather low level of haemoglobin in their blood. When they were fed a special cereal which was rich in iron, their haemoglobin promptly rose to the normal level. For optimum health, children should be fed generous amounts of iron-rich foods. Because of the blood that they lose at menstruation and childbirth, women need more iron than men. Many of them do not eat enough to cover their needs. For example, a recent study in Montreal showed that 43 percent of 1400 poor mothers had some degree of anaemia. We have no figures for comfortably-off women, but no doubt many of them would have better health if they ate more of such valuable foods as fruits, vegetables, liver, kidney and whole-grain cereals. These are rich in haemoglobin-forming iron.

It is estimated that 93 to 95 percent of Toronto school children have already developed dental decay before they leave the public schools. This is a shocking state of affairs when we realize that the native races such as the Eskimos and Arabs, who cling to their traditional fare, have splendid teeth. Excellent diets for the child from its prenatal life on would much reduce and possibly largely eradicate this most prevalent and troublesome disease, dental caries. These diets should include daily doses of some reliable form of vitamin D, such as fish-liver oils in liquid or capsule form during the eight colder months of the year. The mother should take this vitamin regularly before her child is born. The child should be given it from the age of one month on. It should be continued in moderate doses until the child has completed his growth, as this has been found to reduce dental decay. In fact probably all of us would be wise to take small doses of vitamin D in the winter time.

We have shown in many experiments that rats, fed diets which lack one or more of the food essentials, have a low resistance to disease. Their resistance was measured by their ability to survive "rat typhoid" when they were fed these germs by mouth. Do our diets affect our resistance? There is ample evidence that they do. Tuberculosis became much more prevalent in Germany and Austria towards the end of the last war, largely because of their partial starva-

tion. Even neutral countries, such as Denmark and Holland, had the same trouble in a less severe degree. These nations exported too much of their best food to Germany. When the war ended their tuberculosis rate dropped promptly.

The evil effects of ill-balanced diets, too largely made up of the cheaper starchy and sugary foods, do not become evident at once. However, their continued use has a bad effect on our health. Growing children need especially large supplies of vitamins, minerals and good proteins in order to build strong constitutions. Pregnant and nursing mothers also should have extra generous supplies of these foodstuffs if their health is to be maintained and if their babies are to be strong.

Our most valuable foods are those rich in vitamins and minerals—the so-called protective foods. These include milk and milk products such as butter and cheese; the vegetables, especially the coloured ones and those eaten raw; the fruits; eggs; meat, especially liver and kidney; the whole-grain cereals, such as whole wheat and graham flour, rolled oats and brown bread.

An ideal daily diet would contain raw fruit or uncooked tinned tomatoes or tomato juice once; fruit at another meal; two vegetables besides potatoes—greens or a salad; one helping of meat, fish or fowl, and one egg. In addition, half of the breadstuffs and cereals should be taken in the whole-grain form. Occasional individuals find these whole grain cereals too laxative.

Plan to have as much variety in your diet as possible. This makes for both pleasure and safety. If the food money is limited, the meat and eggs can be safely reduced if the quantity of milk is kept high. Dried beans and peas can be used as cheap meat substitutes occasionally.

If the cheaper grades of meat, canned goods and vegetables are bought, such a diet can be obtained relatively cheaply. Skill in cooking however is needed to make such meals palatable. Canadian families with low incomes very often do not buy adequate diets. With more knowledge they could do much better. The present day efforts to spread the "newer knowledge of nutrition" in schools, universities, hospitals and through social agencies merit your active support.

VICTORIAN ORDER OF NURSES FOR CANADA

The following are the staff appointments and changes of the Victorian Order of Nurses for Canada during May:

During the month three nurses resigned to be married, namely: *Miss Dorothy Clark*, Galt Branch; *Miss Margaret Inness*, Halifax Branch; *Miss Marguerite Northrup*, New Glasgow Branch.

Miss Elsie Dakai was transferred from Montreal to Dartmouth. *Miss Edith Hill* was transferred from Border Cities to Galt. *Miss Gladys Clark* was transferred from Vancouver to Edmonton.

Miss Mary Wade was admitted to the Victoria Branch.

An International Honour

In every province in Canada the many friends and admirers of Miss Jean E. Browne are delighted to hear of the latest honour which has been bestowed upon her. At the Biennial Meeting of the Canadian Nurses Association last summer she received the Mary Agnes Snively Medal which is the highest honour within the gift of the Canadian Nurses Association, and now her services in the international field have received the recognition they so richly deserve in the award of the Florence Nightingale Medal.

This Medal is conferred biennially by the International Committee of the Red Cross Society at Geneva upon nurses in various countries who have rendered conspicuous service in war or disaster, or who have made other notable contributions to the public good. At the time that the award of the Mary Agnes Snively Medal was officially announced last summer, Miss E. MacPherson Dickson prepared a biographical outline which appeared in this *Journal* and which contained the following references to the international aspects of Miss Browne's distinguished professional career:

Miss Browne organized the National Office of the Canadian Junior Red Cross and became its National Director, as well as editor of the *Canadian Red Cross Junior*. These positions she still holds.

In international affairs in nursing and public health, Miss Browne is almost as well known as at home. In 1920 to 1921, she took post-graduate work in the "International Red Cross for Public Health Nurses" in London, England. In 1925 she spent four months on a Junior Red Cross mission in Europe, on the invitation of the League of Red Cross Societies, when she visited England, France, Belgium, Czechoslovakia and Austria—at this time, she attended a Central European Red Cross Conference in Vienna.

JEAN E. BROWNE

While in Europe, in 1925, Miss Browne also represented the Canadian Nurses Association at the International Congress of Nurses held in Helsingfors. In 1929, on the invitation of Bedford College, London, England, Miss Browne gave a course of lectures on methods in health education at the Summer School Course for "Old Internationals". In 1929, she represented the Canadian Junior Red Cross at their International Conference in Geneva — a conference of National Directors of Junior Red Cross, a meeting of the International Society for Crippled Children, and the Health Section of the World Federation of Education Associations. Again, for Canada, in 1930, she attended the British Empire Red Cross Conference in London,

England, when she addressed a meeting in St. James Palace on "The Red Cross and Education", and, along with other delegates, was received by Her Majesty, Queen Mary, at Buckingham Palace.

For four years Miss Browne served the Canadian Nurses Association faithfully and well as its president. It is natural, therefore, that its members should be proud of her achievements and rejoice that international recognition of such a high order has been accorded to her.

Sulfapyridine ("M. & B. 693")

HENRIETTA L. ADAMS *and* MARGARET O. COGSWELL
Supervisors, Royal Victoria Hospital, Montreal

Ever since sulfanilamide was found to be so successful in treating streptococcal infections, numerous investigators have been searching for a drug which would have a similar curative effect in pneumococcal infections. In England, the May & Baker Company, Ltd. tested a number of sulfanilamide derivatives in pneumococcal infections in mice, and finally in May, 1938, Whitby reported that of 64 new drugs which had been prepared by this Company, sulfapyridine (also called "M. & B. 693") possessed by far the greatest activity against the pneumococcus.

During the past year, many investigators in England and elsewhere have published reports dealing with the effects of the drug in human beings suffering from pneumonia. So far these reports have been very favourable, and seem to indicate that the drug is of real value in decreasing mortality in lobar pneumonia. For example, Evans and Gaisford compared 100 sulfapyridine-treated cases with 100 untreated controls. The mortality in the control group was 27 percent and in the treated group only 8 percent.

In America, the first significant series of cases was reported by Barnett, Hartmann, Perley, and Ruhoff of St. Louis, who treated forty cases of pneumonia in children with apparently satisfactory results. Because of the small number of cases and the absence of controls, however, the authors could not draw any definite conclusions as to the extent to which mortality was reduced. A more carefully controlled series of cases has been reported from Philadelphia, by Flippin, Lockwood, Pepper, and Schwartz, who treated a hundred cases of lobar pneumonia with only four deaths; of these, three were Type III and one was Type IV.

At the present time numerous papers from clinics all over the United States and Canada are in process of publication. The Royal Victoria Hospital series of cases has been fully reported in *The Canadian Medical Association Journal* by Dr. J. C. Meakins and the Medical Resident, Dr. F. R. Hanson. In the same issue of the *Journal* a somewhat larger series of cases was reported from Toronto with equally satisfactory results.

In this article we will give only a brief outline of the nature,properties, and methods of administration of this drug.

Sulfapyridine is a white powder with a slightly bitter taste and very sparingly (1 part in 1000) soluble in water. Chemically it is closely related to sulfanilamide and also to the analgesic drug, aminopyrine. It is usually given by mouth in the form of tablets or as an emulsion in water. It may also be given by rectum, or intramuscularly as a suspension, but owing to the low solubility of the drug, neither of these methods is very satisfactory. In order to overcome this difficulty, the manufacturers are about to make available the sodium salt of sulfapyridine which is quite soluble in water and may be given intravenously. A preliminary report on the use of sodium sulfapyridine has just been made by Marshall and Long in *The Journal of the American Medical Association.*

There is still considerable variation in the dosage employed in different clinics, but an average régime for a seriously ill case would call for from one to four doses of 2 grams each at four-hour intervals, followed by 1 gram every four hours until the temperature has been normal for 48 hours. After this, the drug may either be discontinued entirely, or continued for 3 to 7 days at a level of about 2 grams every 24 hours. In such a régime, the concentration of sulfapyridine in the blood will usually run between 7 to 15 mg. per 100 c.c. which is believed to be the optimum level for best therapeutic results. Some observers, however, feel that much lower concentrations, such as 4 or 5 mg., are equally effective. To be on the safe side a patient should not receive more than 25 grams of sulfapyridine in a single course.

By far the most common toxic effects of the drug are nausea and vomiting which occur to some extent in about 75 percent of all cases. Vomiting, sufficiently severe to prevent adequate administration of the drug, probably does not occur in more than one patient in ten. In such cases the drug may be given by duodenal tube or by rectum in the same dosage as given by mouth, or the new sodium salt may be tried. Vomiting may occur, however, even when sodium sulfapyridine is given intravenously. In many places, 5 or 10 grains of sodium bicarbonate are given with each dose of the drug and this may reduce the nausea in some cases.

Mild cyanosis occurs in many cases and is sometimes due to transformation of some of the haemoglobin of the blood into methaemoglobin, but this is very seldom sufficiently severe to be a contra-indication to the use of the drug.

The most serious, and fortunately very rare, toxic reactions are the development of acute hemolytic anemia in which the hemoglobin may fall suddenly to 20 or 30 percent, and agranulocytosis in which the number of white cells in the blood is greatly reduced and severe ulceration of the pharynx develops. The occurrence of these complications seems to depend on an idiosyncrasy on the part of the individual patient, and fatalities can only be prevented by making frequent blood counts on patients who are receiving the drug. So far, at least three fatal cases of agranulocytosis have been described following sulfapyridine therapy.

Other rare reactions are the occurrence of drug rashes or drug fevers — the latter being very difficult to distinguish from the fever of the pneumonia itself.

It is not yet definitely settled, but many observers feel that some of the

restlessness and mild delirium which occurs is due to the drug rather than to the pneumonia itself.

In the cases which we have seen treated with this new drug in the Royal Victoria Hospital, the most striking feature which has occurred in practically every case in the sudden fall of temperature to normal within the first 24 to 48 hours. Many of the most seriously ill patients with the highest temperatures have actually been afebrile within 24 hours of administration of the first dose of sulfapyridine. It must not be taken for granted, however, that the patient is cured when his temperature drops to normal, because the general belief at the present time is that the length of time required for the consolidated lung to return to normal is only slightly diminished by the use of the new drug. *The reduction of mortality depends on lessening the initial stage of fever and toxemia rather than hastening the resolution of the pneumonic process.* It is still too early to state whether the use of the drug decreases the incidence of complications such as empyema or lung abscess.

It will be some time before a sufficiently large series of carefully controlled cases, treated with the new drug, will allow definite conclusions to be formulated concerning the relative value of sulfapyridine and of serum in pneumonia. At the present time all the evidence would seem to be strongly in favor of sulfapyridine. Certainly, most of the doctors and nurses who have observed patients suffering from pneumonia during the past winter are agreed that never before has the disease run so mild a course.

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EDITOR'S NOTE:

The authors of this article wish to thank Dr. Kenneth A. Evelyn for reading and correcting their manuscript.

THE EDITOR'S DESK

An Esteemed Contemporary

A glance at the pages of this *Journal* will show that emphasis is placed upon the subject of nutrition. By a happy coincidence, the initial number of the *Journal of the Canadian Dietetic Association* has just reached the editor's desk. Very attractive it is, too, in its blue and white cover adorned with the official seal of the Association—a mixing spoon rampant above a pair of scales in true balance. Like our own *Journal*, this publication will serve as the official organ of the Association which owns and publishes it and will also keep its membership informed concerning the rapid progress which is being made in the professional field. The managing editor is Miss Ruth M. Park, chief dietitian at The Montreal General Hospital—a selection which in itself will go far toward ensuring the success of the new venture.

A Party Line

Every now and then something happens which puts fresh courage into the drooping editorial heart. In the Nova Scotia news items which appeared in the June issue of the *Journal* you will find a paragraph contributed by the press representative of the Alumnae Association of the Halifax Infirmary which reads as follows:

> In connection with the beginning of a Student's Library a paper on "Reading for Nurses" was given by one of the members. The article on "Books and Music" from the March issue of *The Canadian Nurse* was read in its entirety. This was followed by an interesting review of Anne Morrow Lindbergh's book, "North to the Orient". Arrangements are now being made to join one of the Book Clubs, and already the price of our first book has been donated by one of the Alumnae members.

Here is proof that the Journal can and does serve as a "live wire" over which ideas may travel from one group of nurses to another. It is a far cry from Nova Scotia to Saskatchewan, but the words spoken by students of the School of Nursing of the Saskatoon City Hospital have been heard (and heeded) by their fellow nurses in the Halifax Infirmary — more than two thousand miles away.

Stop Press!

Just as we finished making what we call the "pin dummy" of this particular issue of the *Journal* a large square envelope arrived. Out of it there dropped the sort of manuscript which editors seek but seldom find. In "The Dream Came True!", Catherine Clibborn has caught the spirit of a memorable occasion and, without sentimentality, conveys much of its deep emotional quality. So much were we stirred that although the deadline was upon us we forthwith scrapped our carefully constructed working model in order to find space for it. Even if we could have resisted the text, the pictures would have got us down. So we just re-made the *Journal* from end to end—and here is our feature story!

Forty Years On!

On October 12, 1939, Teachers College, Columbia University, will celebrate its fiftieth anniversary, and the following day the Nursing Education Division will have a reunion and special programme to mark its fortieth year of work. A committee of representative graduates and former students in sponsoring three main activities in connection with the latter celebration—a special programme, a study of the students and graduates over the forty-year period, and an Anniversary Fund to be given in honour of the Founders.

The programme on October 13 will centre about the theme, "Leadership in Nursing Education". The morning session will open with an address of welcome from a representative of Teachers College, and a response by Nellie Hawkinson, chairman of the Alumnae Committee and President of the National League of Nursing Education. It was through the efforts of this organization under its earlier name, American Society of Superintendents of Training Schools for Nurses, that the first nursing courses given in any university were organized at Teachers College. There will be a brief account of the founders —who they were, the problems they faced in their day, and what they hoped to accomplish.

In the afternoon there will be a symposium on "Present and Future Leadership in Nursing Education" when representative alumnae will discuss some of the needs in the nursing field that have, and some that have not, been realized during the past forty years, the type of leaders that are needed for the next decade, and how they can be selected, prepared and organized for their work. In the evening there will be an Alumnae Dinner in honour of Miss Nutting at which there will be messages from alumnae and faculty members representing different classes, countries and fields of work. A summary will be presented of the student group, covering the forty-year period. On Saturday afternoon, the Annie W. Goodrich lecture will be given by an outstanding leader in the field of public health. A reception, at which Miss Goodrich will be a guest of honour, will follow the lecture.

All former students in the Nursing Education Division are invited to share in this reunion and in the Anniversary Fund. Since it is impossible to reach every individual by letter, the committee asks those who would like to join in the celebration, and to contribute to the fund, to do so in one of two ways. It is suggested that local alumnae groups be organized in different sections of the country, and that those who cannot come to New York, plan their own local celebration in keeping with the general theme. The second plan is to have individuals write direct to the Secretary of the Nursing Education Alumnae Committee at 525 West 120th Street, New York, and get the necessary blanks if they have not already received them.

The committee realizes that nurses are not able, as a rule, to raise large sums of money, but many will wish to join in this tribute to the Founders of the Nursing Education Division and at the same time help in carrying forward the work they started at Teachers College. Three special objects have been suggested:

To provide an initial salary for a research specialist on the Nursing Education faculty to explore nursing problems needing investigation and to assist in the guidance

of more advanced students in making surveys and other studies.

To develop facilities for advanced courses in the clinical specialties.

To extend present facilities for the selection, guidance, and counseling of students in the Nursing Education Division.

The preferences of the contributors will help in determining which of these objects will be selected.

Among other plans for the Anniversary is a special exhibit of materials from the Adelaide Nutting Historical Nursing Collection which was established by the Alumnae as a tribute to Miss Nutting. Additions to this collection in the form of books, pamphlets, pictures, letters and manuscripts, dealing with the modern period will be especially welcomed at this time. The Nursing Education Division at Teachers College is also trying to secure photostatic copies of all letters written by Florence Nightingale which can be located either in the United States or Canada. These are to be added to the Collection mentioned above and if those who have such letters in their possession would write to the Division their courtesy would be greatly appreciated.

AMERICAN INSTITUTE OF NUTRITION

The sixth annual meeting of the American Institute of Nutrition was held recently in Toronto, this being the first time this Institute has held a meeting in Canada. I do not purpose to report on the contents of the eighteen papers given at the two sessions beyond the point of stating that such subjects as the latest experimental data on nicotinic acid, on Vitamin A, on thiamin, on essential fatty acids, etc., and the application of such findings to preventive aspects of health were dealt with in these papers. A period of ten minutes was allowed for the presentation of each paper with five minutes for discussion and strict adherence to this gave ample time for the papers.

Two other events are perhaps of greater interest; I refer to the award of a prize of $1,000. presented by the Meade Johnson Company for research on the Vitamin B-complex, and secondly to the symposium held in the evening. The award for research in the Vitamin B-complex went to Conrad Arnold Elvehjem, professor of biochemistry, University of Wisconsin. Professor Elvehjem was generous in the credit which he gave to his many co-workers in this field whose findings had helped him in his particular field of research. In 1937, he and his associates, while studying pellagra in the chick, isolated nicotinic acid from liver concentrates. Further work on this substance by this group and others proved its effectiveness in the cure of human pellagra. In 1938 he also did extensive work, proving the presence in the body of the substance nicotinic acid amide, a factor in the enzyme system of the body and likely a constituent of the cells. The symposium was presided over by Professor E. V. McCollum (Johns Hopkins University), president of the American Institute of Nutrition. The subject of the fortification of foods with vitamins and minerals was handled by five speakers whose names alone would at-

tract interest to any programme. Agnes Fay Morgan, Ph.D., (Professor of Household Science, University of California) gave the audience a clue to the manner in which the topic would be developed by discussing the advantages and disadvantages of adding minerals and vitamins to foods above those amounts naturally found. Another very able woman, whose work has been in the field of child nutrition, was Lydia J. Roberts (professor and chairman of the Home Economics Department, University of Chicago) who spoke on fortifications of foods in a general programme for better nutrition. Following this, Dr. W. H. Sebrell (United States Public Health Service) developed the topic of public health aspects of fortification of foods and E. M. Nelson, Ph.D., (chief of Vitamin Division, Food and Drug Administration, United States Department of Agriculture) spoke on the control and proposed legislature in the United States on fortification of food with concentrates. The symposium was closed by Alonzo Taylor, Ph.D., (Emeritus Director, Food Research Institute, Stanford University), speaking on view points of the food industries regarding fortification. Those who are interested in the details of these papers are referred to their publication in the near future in *The Journal of Nutrition*, official magazine of the American Institute of Nutrition.

The general defect in diets in this country is the almost universal use of refined and manufactured foods which, due to the nature of preparation, tend to have a long "shelf-life" before being sold to the consumer. The remedy is not by increasing the cost of food by fortifying such foods with concentrates of minerals and vitamins but, through education, to change the dietary habits of people to the use of natural foods. A fortified food should be prepared by addition, in excess, to the natural amounts in foods when such foods are found to be lacking in one or more necessary nutrients, as for example, the fortification of whole milk with Vitamin D concentrate. Gardening for the production of home-grown foods which provide necessary food factors is strongly recommended in "The Newer Knowledge of Nutrition", a recent textbook which is reviewed elsewhere in this issue of the *Journal*.

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ONTARIO PUBLIC HEALTH NURSING SERVICE

Miss Christina Keith (Toronto General Hospital and University of Toronto Public Health Nursing course) has resigned as Senior Public Health Nurse with the Timmins Board of Health. She has been succeeded by *Miss Lauretta Hall* (Kingston General Hospital and University of Toronto) who joined the staff in Timmins a year ago.

Miss Reba Simpson (Hospital for Sick Children and University of Toronto Public Health Nursing course) has resigned from the staff of the Ontario Hydro-Electric Commission. She will join the staff of the Timmins Board of Health in July.

Miss Helen Gardner (St. Lukes Hospital, New York City and University of Toronto Public Health Nursing course) has resigned from the position of public health nurse in Penetanguishene.

Notes From the National Office

Contributed by JEAN S. WILSON,

Executive Secretary, The Canadian Nurses Association

A meeting of the Executive Committee of the Canadian Nurses Association was held in Vancouver on June 3, 1939. Approval was given to the President attending the meeting of the Board of Directors, International Council of Nurses, in London, July 5 and ensuing days. At the request of the Canadian Florence Nightingale Memorial Committee, the President of the Canadian Nurses Association who is a member of this Committee, will attend the Grand Council meeting of the Florence Nightingale International Foundation which opens in London on July 10. The President may also represent the C.N.A. at a Conference on Overseas Nursing which is being arranged jointly by the British Social Hygiene Council and The College of Nursing in London.

Letters from the Provincial Associations in Alberta, Manitoba and Saskatchewan expressed appreciation of the President's visit at the time of the annual meeting in each of these Provinces. Each letter referred to the benefits derived from having the President of the C.N.A. in attendance. In the June issue of the *Journal* there were published excellent reports of annual meetings in Alberta, British Columbia, Manitoba, Ontario and Saskatchewan, consequently these *Notes* will refer only to official action in those provinces which is of interest to all members of the C.N.A.

By unanimous agreement, *the Alberta Association of Registered Nurses* is to proceed with the formation of districts. Ponoka District is already organized with twenty-nine members. The Association has requested the Inspection Committee, when making their next visit to schools of nursing, to recommend to the Boards of the various hospitals that the superintendents of nurses attend regular board meetings. At the last session of the Alberta Legislature the Cancer Remedy Act was passed; the A.A.R.N. has appointed a member as a representative to the Commission which is to administer this Act.

The Registered Nurses Association of British Columbia by a large majority adopted the principle of the Association functioning by formation of "districts" or "chapters". Arising from the recent report of the committee to study the development of relationships between public health nursing and social work groups, the following resolution was adopted:

> That no training school today should be without somebody within to interpret and keep alive a knowledge of social work, and that where there is no other social worker on the staff the responsibility should be given to the medical social worker, accepting the fact that her time is limited and that she has other responsibilities. This recommendation looks toward the time when a social worker will be appointed whose primary responsibility will be to interpret the social implications of disease in relation to the patient, the hospital, the home and the community.
>
> Finally, it is recommended that permission be granted that copies of this report be made available to other interested groups, and that the committee be authorized to deal directly with any organization where it is felt that suggested improvements along the lines discussed might be put into effect.

This resolution is to be sent to all schools of nursing in the Province, while the report of the committee is to be printed for distribution to those who are interested in both public health nursing and social service groups.

In future, graduate nurses' associations throughout the Province are to receive a synopsis of Council meetings. This plan should help greatly to interest members in the programme of their Provincial Association.

Following the annual meeting of the *Manitoba Association of Registered Nurses*, Miss Eleanor Harvey spent a week in Chicago at the Nurse Placement Service in order to secure further information to aid in an endeavour to open up new fields of nursing activities and thus promote employment among nurses. The M.A.R.N. has made an additional grant to the library committee to provide facilities for a reading room at the provincial office. At a joint meeting of the M.A.R.N. and the Manitoba Hospital Association on June 13, two papers were presented by nurses: one on the eight-hour day, the second on working and living conditions for nurses in hospitals in Manitoba. There was also a round table conference for discussion of nursing and hospital problems.

The second quarterly meeting of the Executive Council of the *New Brunswick Association of Registered Nurses* was held in Moncton on May 16, 1939. The date of the annual meeting was set for September 5 and 6 in Fredericton. Additional amendments to the proposed revision of the Bylaws include:

(1) That the retiring president of the Association shall be a member of the Executive Council for the year following, providing that she retains membership in the N.B.A.R.N., and (2) that all nurses holding government and other public positions in the Province shall be registered under the New Brunswick Act.

The number of applications for the scholarship offered for the first time by the Association indicate the interest of the members in this new project. Reports by various committees showed progress in their undertakings. The annual pledge of financial support to the Florence Nightingale Memorial Fund was met, in addition to which the Association voted an extra fifty dollars to the Fund. The Registrar reported on visits to three schools of nursing since the previous meeting of the Council.

All local branches of the *Registered Nurses Association of Nova Scotia* are meeting regularly and are striving to establish shorter hours for private duty nurses. A most successful refresher course on mental health and disease was arranged by the Halifax Branch, with an attendance of 140 members and 38 senior student nurses. Already two schools of nursing have taken advantage of the affiliation course in pediatrics as offered recently by the Children's Hospital, Halifax.

In response to inquiries to superintendents of schools of nursing for opinion as to the best method of informing younger nurses of plans for economic security, the opinions expressed favoured these superintendents bringing this important matter to the attention of their students.

On recommendation of the nursing education committee, the reports of the Survey of Schools of Nursing in Nova Scotia in 1938 are to be graded according to an accepted standard; then each school is to be sent a report of its standing with recommendations. The appointment of an Inspector Registrar is delayed until the schools have had time to consider these recommendations and to signify their ability toward implementing the suggestions contained in the report, either in part or as a whole. The

School of Nursing of the City of Sydney Hospital has been re-opened, with a qualified instructor added to the staff.

The Registered Nurses Association of Ontario has revised the policy of administration of the Permanent Education Fund so that in future a nurse must be a member of the Association for at least one year before a loan can be granted. As an experiment toward assisting in the systematic building up of the Fund, each member is to be taxed twenty-five cents for the year 1940.

Through Districts, Sections, standing and special committees, progress is being made in organization activities in Ontario. The Minister of Health is to be approached in the interests of an eight-hour day for student and graduate nurses.

Recently appointed committees are: (1) To study the question of a placement or vocational service in connection with the provincial headquarters, and (2) History of Nursing. The latter committee is to work in co-operation with the national history of nursing committee.

The Registered Nurses Association of Prince Edward Island did not submit an interim report for June 3. The annual meeting of this Association was to be held in Charlottetown on June 15.

The Association of Registered Nurses of the Province of Quebec have awarded four scholarships each amounting to $350. One award was made to Miss Mary Elizabeth March, B.Sc., R.N., a graduate of the School of Nursing, Royal Victoria Hospital, Montreal. Miss March will attend the School for Graduate Nurses, McGill University. The second scholarship went to Mlle Jeannette Larose, R.N., a graduate of St. Luke's Hospital, Montreal. Miss Larose will enrol at L'Ecole d'Hygiène Sociale Appliquée, University of Montreal. Miss Hazel Brokenshire, R.N., a graduate of the School of Nursing of The Montreal General Hospital, has been awarded a scholarship which will enable her to take a course in public health nursing at the School for Graduate Nurses, McGill University. Mlle Simone Bélair, a graduate of the School of Nursing of Hôpital Notre-Dame will utilize her scholarship by taking a course in teaching and supervision at the Collège Marguerite Youville, Montreal. Including these scholarships, the A.R.N. P.Q. has made thirty-five awards, representing a total of $10,300., since 1922.

In the revised bylaws as adopted at the annual meeting of *the Saskatchewan Registered Nurses Association* provision is made for a change in procedure regarding the election of officers, the conduct of nominations for admission to the Association, and for other amendments as have become necessary as the Association has progressed.

From New Zealand

The President of the Canadian Nurses Association has received from the New Zealand Registered Nurses Association a cordial invitation to members of the C.N.A. to attend the annual General Conference (N.Z.R.N.A.) which is to be held in Wellington, February 13-16, 1940, during the celebration of New Zealand's Centennial. In addition to offering hospitality to nurses from Canada, the New Zealand Registered Nurses Association will be glad to make arrangements for visiting nurses who wish to spend some time in observation in the fields of nursing as hospital, obstetrical, Plunket and child welfare, district health nursing and social service. The cordial invitation from New Zealand to the

President concludes with: "We are looking forward to seeing a large number of our fellow-nurses from overseas, during our Centenary celebrations". Any members of the Canadian Nurses Association who may be planning to visit New Zealand early in 1940 and who wish to accept this invitation should so inform the Executive Secretary, (C.N.A.) without delay.

Nightingale Memorial Fund

Contributions to the Florence Nightingale Fund have been received from:

ALBERTA:

A.A., General Hospital, Edmonton	$10.00
Drumheller District Registered Nurses Association	5.00
Student Government, Royal Alexandra Hospital, Edmonton	15.00

MANITOBA:

A.A., Winnipeg General Hospital, Winnipeg	25.00
Manitoba Association of Registered Nurses	100.00
Staff Nurses, King George Hospital, Winnipeg	8.50

NEW BRUNSWICK:

New Brunswick Association of Registered Nurses	50.00

NOVA SCOTIA:

Colchester County Branch, R.N.A.N.S.	20.00
St. Elizabeth's Guild, Halifax	5.00
Victorian Order of Nurses for Canada, Halifax Branch	2.75

ONTARIO:

A.A., Hamilton General Hospital, Hamilton	15.00
A.A., McKellar General Hospital, Fort William	10.00
A.A., St. Luke's Hospital, Ottawa	5.00
Florence Nightingale Club, Renfrew	5.00
School of Nursing, Ontario Hospital, Hamilton	7.00
Student Nurses Association, Toronto Western Hospital, Toronto	10.00

QUEBEC:

Nursing Staff, Alexandra Hospital, Montreal	8.00
Nursing Staff, Jewish General Hospital, Montreal	12.50

SASKATCHEWAN:

A.A., Grey Nuns' Hospital, Regina	5.00
Public Health Section, S.R.N.A.	14.60
The Sanatorium, Saskatoon	3.00

Annual Meeting in Nova Scotia

Inspired by a close-up view of possibilities before the nursing profession today, sixty-two members of the Registered Nurses Association of Nova Scotia returned to their daily routine, following the thirtieth annual meeting of the Association, held at Antigonish on June 1 and 2. The president, Mrs. Hope Mack, of Kentville, in her opening remarks commented on the visit of Their Majesties to our country, and emphasized our good fortune in living in a land of freedom and justice. A minute's silence was observed in memory of the passing, during the year, of eight members of the Association.

A pioneering programme for nursing, particularly in rural districts, was offered in an address by Peter Nearing, of the Extension Department of St. Francis Xavier University. Mr. Nearing advocated among other points:

The need for a survey of the province to determine the nursing needs of the people and the possibilities of supplying them.

Group payment of co-operative nursing insurance, along the same lines as the co-operative units already functioning in the province, which take care of medical and hospital needs.

It was decided to make a survey, following the outline used by the Manitoba Association of Registered Nurses.

The members also pledged their support to a scheme of co-operative nursing which would employ registered nurses, if and when the University Extension Department should undertake it.

The Registrar reported a paid-up membership of 876, which meant an increase of over 100 percent during the past five years. Reports of conveners of committees were received with interest. Miss Anne Slattery, Dingwall, pointed out the great strides taken during the year in the development of a Public Health Unit in the Island of Cape Breton. The Nursing Education group, under the leadership of Sister Camillus of Lellis, Halifax, reported an active year of study. Frequent meetings of instructors and directors of studies had promoted interest, and tended toward unification.

Miss Laura Page, Halifax, reported that Red Cross Enrolments now numbered 136. This is still 39 below quota, but as a thorough check had been made it was known that the nurses now enrolled are all active.

The successful working out of an eight-hour day for private duty nurses in the city of Halifax was reported by Miss Hazel Harrison. This has been in operation for eleven months, and the nurses in that district are anxious to continue it. Other districts have adopted a ten-hour day, while twenty-four-hour duty in hospitals has practically disappeared. The general movement toward shorter hours is gradually gaining momentum.

The Canadian Nurse Committee reported the number of subscriptions was still unsatisfactory, although slight progress was noted in one or two districts. Donations to the Nightingale Fund have once more exceeded our quota.

Although attendance at the meeting was not large, all eight local branches of the Association were represented, and each presented a report showing considerable activity. Refresher courses had been carried out in the larger centres, and the fact that these were meeting with interest and were filling a definite need was shown by the unanimous agreement expressed with a proposal that the Provincial Association should conduct a three-day course at the time of the 1940 Annual Meeting in Glace Bay.

Several of the Branches gave definite suggestions for amendments to our Act. These were handed over to the legislative committee for further study, with the hope that action could be undertaken at the 1941 session of the Legislature.

An additional $300. was voted for the loan fund for university post-graduate work. The amount voted for this purpose a few years ago has been in constant use by young members of the Association. Our president, Mrs. Mack, was chosen as the official delegate to the 1940 Biennial Meeting at Banff.

The business sessions were interspersed with pleasant social activities. A banquet held at the Royal George Hotel, and presided over by Miss Rachel Chisholm, Local Branch President, was attended by nearly one hundred. The high light of this session was an address by Dr. C. J. Beckwith, of the Department of Public Health, Sydney. In developing his topic, "Hospital Health", Dr. Beckwith presented what he believed to be an adequate health programme for the entire personnel of a hospital, including the student nurse. In addition to the preliminary examination, including an X-ray report by a competent radiologist, it was strongly urged that before final acceptance students should have an immunization programme to include tuberculin, Schick

and Dick tests, and protection against typhoid. Histories should be taken, especially with reference to the common communicable diseases such as measles, chicken-pox and mumps. A weight chart should be maintained, and at a later period in training a check-up was advised, to include re-vaccination, Kahn test and blood count.

The student nurses of St. Martha's School of Nursing presented a charming musical programme.

Following the final session, the members were entertained at a tea given by the Sisters of St. Martha in Morrison Hall, the spacious Refectory Hall recently opened at St. Francis Xavier University.

A drive along the shores of Antigonish Harbour, whose blue waters sparkled in the spring sunshine, brought another annual meeting to a successful and harmonious conclusion.

The officers elected for the coming year were as follows: President, Mrs. Hope Mack, Kentville, (re-elected); first vice-president, Miss K. Harvey, Middleton; second vice-president, Miss G. Strum, Halifax; third vice-president, Miss Josie Cameron, Halifax; recording secretary, Mrs. D. J. Gillis, Windsor Junction; Public Health, Miss Hazel Macdonald, Sydney; Private Duty, Miss Marie LeBlanc, Antigonish; Nursing Education, Sister Camillus of Lellis, Halifax.

MURIEL J. GRAHAM

OBITUARIES

MARION CARTER, a graduate of the School of Nursing of the Sarnia General Hospital, and a member of the Class of 1938, died on May 22, 1939, in the hospital following a short illness. She rendered valuable professional service as a private duty nurse and was an active worker in the Alumnae Association. Forty nurses attended the funeral in uniform and acted as guard of honour at the home and at the grave.

JULIA ENGLISH, who held one of the earliest diplomas ever issued by the School of Nursing of the Montreal General Hospital, died recently at Montreal in her eighty-second year. During her long and useful professional career she rendered fine service in the field of private duty.

ELIZA KEYES died recently at her home in Redbank, New Brunswick. Miss Keyes was a graduate of the School of Nursing of the Rhode Island General Hospital, Providence, Rhode Island, a charter member of the New Brunswick Association of Registered Nurses, and on two different occasions was superintendent of the Miramichi Hospital at Newcastle, New Brunswick.

ELIZABETH SANSOM died recently in Stanley, New Brunswick. Miss Sansom was a graduate of the School of Nursing of the Waltham Hospital, Waltham, Massachusetts, and for many years was superintendent of the Victoria Public Hospital, Fredericton, New Brunswick. From 1921 to 1925 she was a member of the Executive Council of the New Brunswick Association of Registered Nurses and also served for a term on the Board of Examiners of the Association.

School for Graduate Nurses, McGill University

Convocation Day, 1939, will long be remembered as a red letter day at McGill. The graduation ceremony was held in the open air amid the gay decorations which had greeted the King and Queen when they drove through the University grounds exactly one week previously. Cloudless skies, glorious sunshine, and the presence of His Excellency Lord Tweedsmuir and the Lady Tweedsmuir made it an impressive occasion.

The long line of new graduates circled the tomb of James McGill, Founder of the University, before proceeding down the drive to the special section of the campus reserved for them. Leading the procession, were the thirty-one nurses who were presented to the Chancellor by Miss Marion Lindeburgh, Director of the School for Graduate Nurses, in order that he might confer upon them the certificates in nursing for which they had qualified. Every province in Canada had at least one representative in this group of nurses.

Convocation Week was the climax of a year of work and play. For the nurses the highlights were the Baccalaureate Service, addressed by Principal Douglas, the dinner in their honour given by the Alumnae Association of the School for Graduate Nurses, a trip to the Laurentian Mountains and picnic on Empire Day, Convocation itself, the garden party, and the Convocation Ball.

Within a few hours the Class of 1938-39 began to disperse for new ventures in hospitals, schools of nursing, and public health nursing agencies throughout the Dominion. Looking back upon the session, the general impression of staff and students alike is one of good comradeship and of peculiar satisfaction.

THE A.R.N.P.Q. AT QUEBEC

In early June, the Association of Registered Nurses of the Province of Quebec held its first general meeting in the ancient capital where the great beauty of this City on the Rock, perfect weather and faultless arrangements combined to make a truly memorable occasion. One could hardly visualize a better setting than the Chateau Frontenac as headquarters. The afternoon meeting was held in the Jacques Cartier Room but by the evening we were obliged to transfer to the ball room in order to accommodate the hundreds of French Canadian nurses who poured in from seventeen outside points within the province and even from the city of Ottawa.

Our president, Miss Margaret L. Moag, presided, ably assisted by the Rév. Soeur Allard, a member of the advisory board, who acted in the absence of Soeur Valérie de la Sagesse, our French vice-president. Addresses of welcome were given by the Right Reverend Philip Carrington, Lord Bishop of Quebec; Mgr. Camille Roy, Vice-Rector of Université Laval; Dr. L. G. Tourangeau, who represented the Provincial Government; Mrs. A. J. Macalister, president of the Jeffery Hale's Hospital Alumnae Association; and Mlle Maria Beaumier, superintendent of the Hôpital St. Luc, representing the Quebec City French-speaking nurses.

Reports of the Association's activities were presented, including both groups of all three Sections, followed by an illustrated lecture on cancer given by the internationally known Director of Institut du Radium, Montreal, Dr. J. E. Gendreau. This bilingual session provided the atmosphere and character so essential to the welfare of our Association; a peculiarity which gains in importance as our members, being representative of two great races, increase their understanding and appreciation.

In the evening our groups divided, sessions in French and English being conducted concurrently. The programme for both sessions was arranged to feature nursing service in all its aspects, the speakers and their subjects being as follows: Rév. Soeur Marie Alphonse des Anges, "The relationship of to-day's School of Nursing to the nurse of to-morrow"; Dr. Wilfrid Leblond, "The nurse in the field of public health"; Mlle Annonciade Martineau, "The private duty nurse"; Miss Elizabeth Smellie, "The role of the public health nurse in the community"; Miss Marion Lindeburgh, "The School of Nursing to-day"; Miss Mabel K. Holt and Miss Martha Batson, "Practical application of the Curriculum"; Miss Flora Aileen George, "The aims and objectives of a Community Nursing Service Bureau". Mlle Suzanne Giroux, superintendent of nurses, Hôpital St. Luc, Montreal, and honourary secretary of the board of management, presided at the French session, and our provincial President at the English session.

On the following day, a session for Sisters and French lay nurses was held at Hôpital de l'Enfant-Jésus, where the Rév. Soeur Allard presided and in her own inimitable way outlined the aims and advantages of provincial associations of registered nurses. Visitors to the various hospitals were cordially received, even the Sisters of Hôtel-Dieu who are in the throes of preparation for their Tercentenary celebration, spared no effort or time in showing the glories of their famous institution. Business being completed, thirty-two motor cars laden with tired but happy nurses, pulled out for a glorious drive around Ile d'Orleans followed by tea at Kent House, Montmorency Falls, the officers and speakers being received at "Spencerwood" by the Lieutenant-Governor and Madame Patenaude.

There were no vacant chairs at any of our sessions, the estimated attendance being six hundred. Space will not permit us to record the names of all those to whom our gratitude is due, but we do ask Mrs. Macalister, Miss Norena Mackenzie, Mlle Maria Beaumier, Mlle Marguerite Taschereau and all who so ably assisted them, to accept our deepest appreciation for so happy and worthwhile an experience.

E. Frances Upton,
Executive-Secretary and Registrar.

STUDENT NURSES PAGE

Tetanus, from a Nurse's Point of View

PHYLLIS E. REEVE
The Hospital for Sick Children, Toronto

Tetanus requires two things of every nurse: first that she help in the campaign of prevention which is being successfully waged throughout all civilized countries; secondly that she care for a patient committed to her charge with interest and intelligence. In fulfilling the latter requirement she is confronted with many problems: the shutting out of all external stimuli; conserving of the patient's energy; keeping up his body resistance and preventing wasting of his tissues; seeing that he has a maximum of rest and sleep; keeping his mouth and skin in good condition; being able to recognize any unfavorable signs or reactions to treatment, and keeping the patient in a cheerful and positive frame of mind. How may all this be accomplished?

Let us consider Gordon Miller, a boy of nine years of age, who was afflicted with tetanus following an injury to his foot which he had received on a farm. Gordon was brought to the hospital conscious, but in a drowsy condition. Three weeks had elapsed since the tetanus bacilli had entered his body and their toxins had gained such headway that he presented a picture of the disease in an advanced stage. His back was somewhat arched in opisthotonos; his arms and legs had developed a lead-pipe rigidity; his mouth was drawn into that typical grin of pain and apprehension called *risus sardonicus;* his tongue was furred and swollen and had, along the sides, several infected cuts where it had caught between his teeth. All the muscles of his body went into spasms of several minutes duration on the slightest stimulation.

He was placed immediately in a quiet darkened room by himself where he would be cut off from the bustle of a ward and such stimuli as noises,light and movements. The room was kept cool and well ventilated. Those entering, did not move or speak unnecessarily. The daily bath was given with long firm strokes, using warm water, for soothing effect, and three times a day his back, elbows and heels were gently massaged with alcohol and cocoa-butter to keep the skin firm and also to aid circulation.

Gordon's caloric requirement was maintained by nourishing fluids which he took well, and also by glucose which he received intravenously. The continuous intravenous served a double purpose, being used also as a channel for injections of antitetanus serum which was given in graduated doses for five or six

days. The nurse injected the serum into the tubing of the intravenous set. Following each administration, she recorded the time, amount, and lot number of the serum and returned to the patient to watch for reaction. An elevation in temperature after the first injection, and a serum rash which developed about three days after cessation of the treatment were the only untoward reactions. Gordon showed. The first was helped by a tepid sponge, and the second relieved by a few injections of three minims of adrenalin and frequent application of calamine lotion.

Gordon was watched very closely for twitching of the muscles and for any pain of which he might complain. During the first few days and nights, the muscular spasms were fairly frequent and he was given one-half grain of codeine phosphate twice a day, to ensure a certain amount of rest and sleep. Several times he appeared to be biting his tongue. This added to the soreness of his mouth and made constant care necessary. His mouth also became very dirty owing to the accumulation of mucus in his throat which he seemed unable to swallow. Suction was used at frequent intervals to prevent aspiration of this mucus, then his tongue and teeth were cleansed with lemon and glycerin to remove crusts and sordes, and gently bathed with boracic solution.

Particular attention was paid to bladder and bowel evacuation, as tetanus is often accompanied by retention, due to constriction of the muscles and interference with the nerve supply. Gordon had little trouble in this respect and only had to be given one simple enema during his illness.

Good medical and nursing care had their reward. Gordon's recovery was so rapid as to be almost spectacular. He began to show improvement on the third day and by the fifth he was able to have a small serving of jelly and custard. He was moved to a small public ward and in a few days was eating his meals with good appetite. He took more and more interest in his surroundings and became once again the fun and laughter-loving boy he had been before his illness.

What a wonderful thing it is that a case of tetanus such as this can be cured, but how much more wonderful that it can be prevented.

Thanks to the Government Health Department, hospitals, doctors, nurses and teachers, the great mass of lay people is gradually becoming aware of the dangers associated with any open abrasion received near soil, dust, city streets, barns, old buildings, etc. More and more people are learning that it is imperative to have medical or surgical treatment for deep cuts, punctured wounds, or any wound received in doubtful locality. The first treatment after the initial cleaning and dressing, given a patient who has been hurt, is an intramuscular injection of the prophylactic dose of anti-tetanus serum, which is fifteen hundred units of certified government inspected serum, to be repeated in seven to ten days in cases of gross soiling.

It is only by constant vigilance, constant advertising and campaigning that tetanus will become a disease of the past. Nurses should never forget that fact and should never fail to recognize an opportunity of making known the means of prevention and the absolute necessity for prompt treatment.

BOOK REVIEWS

SOCIAL HYGIENE NURSING TECHNIQUES, a Manual of Procedure in the Diagnosis, Treatment and Public Health Control of Syphilis and Gonorrhea, by NADINE GEITZ, M.A., R.N. The American Social Hygiene Association, New York, 1938. 82 pages; price, 25 cents and five cents postage.

Published in response to many requests and to meet a definite need, this nurse's manual on social hygiene is recommended by the American Social Hygiene Association for all members of the nursing profession whose work brings them in contact with venereal disease patients. The author states that her material is largely the result of her experience in preparing a manual for nurses in the New York City Department of Health. Ten concise chapters cover the history of venereal diseases, legal aspects of its control, administration and clinical procedures in a clinic, the co-operation of a health department with other official agencies, and a condensed exposition of the broad social hygiene programme as it is being carried on to-day. There is also a valuable appendix illustrating suggested forms for charts in a venereal disease clinic or health service. A list of reference materials and public education aids available from the American Social Hygiene Association is included.

THE NEWER KNOWLEDGE OF NUTRITION, by E. V. MCCOLLUM, Ph.D., Sc.D., LL.D., Professor of Biochemistry, School of Hygiene and Public Health, The Johns Hopkins University; Elsa Orent-Keiles, Sc.D., Associate in Biochemistry, School of Hygiene and Public Health, The Johns Hopkins University; and Harry G. Day, Sc.D., Associate in Biochemistry, School of Hygiene and Public Health, The Johns Hopkins University. Fifth edition, entirely rewritten. Published by the Macmillan Company of Canada, 1939. 701 pages; price, $4.50.

The field of modern nutrition covers the study of an adequate diet and is concerned with the qualitative and quantitative aspects of a diet, with the chemistry of nutrients, with the study of metabolism, and not least with the economical production of nutrients. Responsibility is placed on workers in the field of nutrition to pass on this knowledge to students, teachers, physicians and dentists so that through these groups the general population may become informed on the present knowledge of nutrition. With modern methods of transportation, man is no longer using only those foods produced in his own environment. One effect of this is good, because those with sufficient income can purchase fruit and vegetables on the market at all seasons of the year. The ill effect comes to both high and low income level groups in that it tends to increase the use of refined and manufactured foods in an amount above that of natural foods. This book is the fifth edition entirely rewritten, of The Newer Knowledge of Nutrition the fourth edition (1929) having been out of print since 1935. The text follows the plan of the previous edition.

This text is recommended to students and teachers of nutrition and also to physiologists, pharmacologists, pathologists and others who are interested in the functions of the body. The physiologist will profit by the many discussions on metabolism, for example, the authors review certain historical aspects of protein metabolism leading to the work of Folin (1905), who "possessed the genius to solve the problem in its main outlines, and his interpretation of the mechanism of protein metabolism is almost universally accepted". For the pharmacologist there is the newest knowledge on the vitamins and for the pathologist the reaction of the body to an inadequate food supply.

The preliminary chapters cover the historical facts leading to the modern concept of dietary essentials. The essential nutrients are discussed in this order: carbohydrates; lipids (a section on indispensable unsaturated fatty acids); proteins (a section on

the dispensable and indispensable amino-acids in nutrition); the chief minerals, calcium, phosphorus, magnesium, sodium, potassium, chlorine, iron, copper and iodine, with a chapter on the "trace" inorganic elements; the vitamins, with a discussion on the chemical nature and nutritional significance of each vitamin, with one chapter on other vitamin factors. The last chapters cover diet in relation to environment, diet in relation to the teeth, and diet in healthful longevity. Each chapter has appended references for the student who wishes to refer to an original piece of work. The appendix contains six food tables and 14 figures.

W. L. CHUTE,
Lecturer in Science,
School of Nursing,
University of Toronto.

THE RED CROSS AND HEALTH EDUCATION

On May 23, in the Great Hall at Hart House, the annual luncheon meeting was held of nurses, doctors, dietitians and dentists who teach classes in home nursing and nutrition for the Red Cross Society in Ontario. Approximately 250 representatives from branches in 46 cities and towns in the Province were present at the happy event. They were received by Miss Florence H. M. Emory, convenor of the advisory nursing committee of the Red Cross in Ontario; Colonel John A. Cooper, president of the Ontario Division of the Red Cross; Miss Marion Henderson, supervisor of home nursing for Ontario; and Miss Jessie Goodman, organizer of home nursing in Toronto. The lovely blossoms used for decorations had decked the tables on the previous day when Their Majesties, King George and Queen Elizabeth, with a company of men and women prominent in public life, took luncheon in the Great Hall.

The chairman, Dr. F. W. Routley, welcomed the guests, and Mr. T. P. Grubbe introduced Dr. Duncan McArthur, Deputy Minister of Education, who took for his subject "The importance of education", and explained the place of health in the modern curriculum, adding that as the chief aim and purpose of education is to teach how to live, a knowledge of biology and health are important elements in the modern teaching course. Dr. McArthur said that the preparation of teachers is of first importance and that in teaching the principles of correct habits and sound living, particular attention should be given to the mental and physical welfare of the student. He believed that the inadequacy of rest was one of the most detrimental influences on the health of modern youth. He also paid tribute to the Red Cross Society for bringing about a desire for improvement in health habits in all communities, and said that the Home Nursing classes had been an important factor. In opening the discussion, Miss Emory said that she regarded the Department of Education as an ally and co-worker in all the endeavours of the Red Cross Society to make the student health-conscious. She also stressed the importance of the preparataion of the teachers, emphasizing the value of a thorough knowledge of biology.

Dr. C. A. Warren, past president of the Academy of Medicine, spoke for the doctors, saying that no better work is being done in the Province than that of the Red Cross home nursing and nutrition classes. Dr. E. T Guest, secretary of the Ontario Dental Association, praised the dental profession for the good work they are doing in teaching the Red Cross classes. Such work is part of a new education, the dentists take their teaching very seriously, and opportunities to teach a greater number come through the Red Cross classes. Dr.

W. S. Caldwell, assistant director of the Ontario Red Cross, also spoke briefly on the close connection between home nursing and nutrition classes, both bringing improvement in health.

Dr. Routley closed the discussion by paying a warm tribute to the voluntary workers in the Red Cross Society and announced that 50,000 students had enrolled in the home nursing classes during the past ten years. Colonel Cooper spoke in appreciation of the splendid work done by all of the voluntary workers. A moving picture was shown entitled, "If it is health you are seeking", which incorporated most of the lessons in the Red Cross manual.

Afterwards, many of the representatives went to the Parliament Buildings to see the beautifully arranged rooms and the decorations in honour of the visit of Their Majesties.

MARY L. JACOBS

A BIRTHDAY PARTY

Although the temperament of the weather man is a doubtful quantity in May, he produced one of his more stable moments this year, much to the relief of the members of the Vancouver General Hospital Alumnae Association. They were relieved because a garden party had been planned for that particular afternoon, and it was a little difficult to consider the clouds and wind of the day before in the light of a disappointing dress rehearsal which is traditionally the forerunner of a successful first night. Be that as it may, the morning found a busy committee working with the marquee and umbrellas which were to transform the pleasant hospital grounds and provide the setting for a unique event.

Forty years ago, in the red brick buildings now occupied by Vancouver's City Social Service Department, the Vancouver General Hospital established a Training School for Nurses. The group composing the first class of "students" was small in number, and was made up of those nurses who had been giving nursing service in the hospital, a nucleus rich in experience and glad to have the opportunity to gain academic and technical training. Although forty years is not a long space of time, those first graduates were not young girls when they trained, and none is now living to recall that pioneer experience. Miss Madge Clendenning was the matron at the time of the founding of the School, and she left the hospital in 1902 to be married. In the time of her successor, Miss Isobel Turner, the hospital was moved to its present site on Tenth Avenue, where there was greater room for growth to meet the needs of a rapidly expanding city. Since 1899 there have been over 1600 graduates of the School. Some have moved away and have been lost sight of, but the Alumnae Association has been able to keep in touch with about 1300 of the number, and several hundred of them live in or near Vancouver.

The plan to celebrate the fortieth anniversary of the founding of the School grew, like Topsy, from the interest of the Class of 1929 in the anniversary of their graduation. In May 1929 they had promised themselves a reunion ten years from that date, and they proved to be a class that remained united and did something about the idea! A garden party was suggested and the Alumnae Association undertook to give it, inviting as their guests all graduates of the School, near relatives of doctors and nurses who had been most interested in the first years of the School, the outstanding women who were associated with the early organization of the Women's Auxiliary, the wives of present members of the Board of Governors, presidents of the various Hospital Auxiliaries, the members of the Training School Committee of the Women's Auxiliary, and the wives of the chiefs of staff of the Hospital.

Against a background of trees and lawn in the grounds of the Hospital a marquee and garden umbrellas made splashes of colour, and the Kitsilano Boys' Band livened the air with music. Happily, the sun smiled in spite of the early May date and, although the wind was at times keen, nothing really diminished the stream of conversation and reminiscence in which everyone joined. The guests were received by Miss Grace M. Fairley, honorary president, Miss Fyvie Young, president, and Miss A. Reid and Mrs. A. Grundy, vice-presidents, then went to enjoy the tea dispensed by the following people, who had honoured the Association by consenting to assist. Pouring tea were Mrs. E. D. Carder and Mrs. H. H. McIntosh, distinguished graduates of the School, Miss Helen Randal, a former superintendent, Mrs. A. K. Haywood, wife of the medical superintendent of the Hospital, Mrs. T. S. Dixon, wife of the chairman of the Board, Mrs. Wm. Murray, long a president of the Women's Auxiliary, Mrs. Glen Campbell, a graduate, and Mrs. O. Weld, both of whose husbands have contributed much to the School. Cutting ices were Mrs. S. Wallbridge, an active member of the Women's Auxiliary, Miss M. F. Gray, assistant professor of nursing at the University of British Columbia, Mrs. M. D. Schultz, a graduate of the Class of 1903, and Mrs. J. S. Matthews, a graduate of the Class of 1905.

This was a unique event in forty years, enjoyed by all who participated, and may well have set a precedent for other Alumnae activities which will serve to strengthen the association between graduates of the Vancouver General Hospital and their School of Nursing.

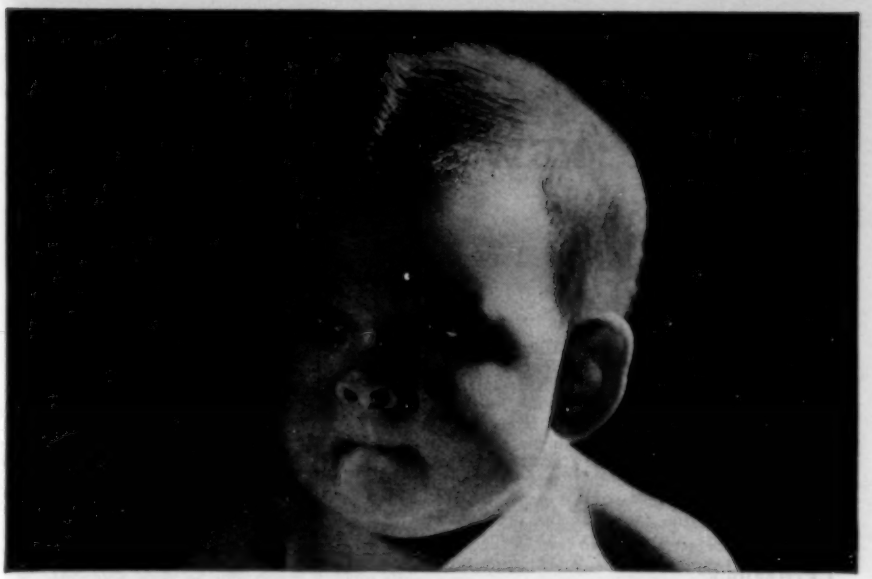
FYVIE YOUNG

FLAGS IN MONTREAL

For weeks the city had been a more thrilling place in which to live. We are not much on flags. Montreal is a somewhat conservative place, but this time, flags and lights made our town far gayer than it had ever been. By a little eye-lifting, we refreshed our knowledge of British possessions from Bermuda to Somaliland, from the Bahamas to India, and from Malta to Newfoundland. The day was cloudless, a Canadian bright blue sky, traffic at a standstill, soldiers lining the streets, all to do honour to a royal couple who have small children — for the province of Quebec walks hand in hand with little children. The setting was perfect. We waited four hours, but it was over in a moment — a sweet smile and a soldierly salute.

In these days of depression, unemployment, uncertainty and insecurity, when overnight a whole country can be absorbed and proud traditions laid in the dust, down *our* "Main Street" a real King and a real Queen passed by!

ROSE TANSEY,
Victorian Order of Nurses, Montreal



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NEWS NOTES

ALBERTA

EDMONTON:

Royal Alexandra Hospital:

At a recent meeting of the Alumnae Association of the Royal Alexandra Hospital Miss Leila Hueston gave a most stimulating description of her recent visit to the British Isles and Europe. She spoke of interesting people and incidents rather than places, and succeeded in leaving with us a vivid impression of the forces moulding the lives of people in Europe to-day. We were made more aware of the fact that the problems facing them are also Canada's problems.

LETHBRIDGE:

The Lethbridge Graduate Nurses Association recently held a meeting at St. Michael's Hospital. Forty-two members were present and reports on the recent convention of the Alberta Association of Registered Nurses held in Edmonton were given by Miss Alma Wagner, for the educational section, and Miss G. Papworth and Miss Thomas for the private duty section. After the business was completed Dr. E. V. Spackman showed moving pictures of his trip to Europe. A delightful lunch was served by the Sisters of St. Michael's Hospital.

MEDICINE HAT:

The Medicine Hat Graduate Nurses Association recently held a dinner with Miss Agnes J. Macleod, of the University of Alberta, as guest speaker. Her address dealt with the proposed formation of branches of the Alberta Association of Registered Nurses. An informal discussion followed.

Sixteen members of the Class of 1939 received their diplomas at the graduating exercises of the School of Nursing of the Medicine Hat General Hospital. Prizes were awarded as follows: practical nursing, Miss Antoinette Starling; obstetrical nursing, Miss Meta Woods; surgical nursing, Miss Mary Margaret Webster; highest aggregate marks in theory, Miss Grace M. Trembath.

Married: Recently, Miss Susie Neufeld (night supervisor, Medicine Hat General Hospital) to Mr. Boulter Elliott.

PONOKA:

The second meeting of the Wetaskiwin, Ponoka, and Lacombe nurses, now organized as the Ponoka District of the Alberta Association of Registered Nurses, was held recently at the Provincial Mental Hospital, Ponoka, forty-one nurses being present. Miss C. N. Jackson, president of the group, gave a very complete and stimulating report of the recent annual meeting of the Alberta Association of Registered Nurses. It was decided by the members that the group be named "The Ponoka District". The speaker of the evening was Mrs. Jean Field of Spurfield, Alberta, who is a member of the Eugenics Board of Alberta. She gave a very interesting address on the growth and development of the Eugenics Board, pointing out the important part this work will play in the future of this Province.

BRITISH COLUMBIA

NEW WESTMINSTER:

The 1939 graduation exercises of the School of Nursing of the Royal Columbian Hospital, New Westminster, were held recently. The class valedictory was given by Miss Beatrice Catherall, who won the Fraser Valley Medical Association medal for the highest aggregate marks. Other prize winners were Miss Margaret Boyne Stevens, Revelstoke, who was awarded the Dr. G. E. Drew memorial medal for surgery; and Miss Nancy McLaughlin, Burnaby, who received the Graduate Nurses Association Medal for proficiency.

VANCOUVER:

The graduating exercises of the Vancouver General Hospital were held recently when sixty-four nurses received their diplomas thus making a total of 1654 who have graduated in the forty years of the School's existence. Prizes and scholarships were awarded to L. Marcelle Bensteon, Jessie Isobel Loucks, Muriel Irene Tucker, Trenna Grace Hunter, Grace Jean Noble, Agnes Jean Vallance, Edith Marie Walters, May Gordon Bell, Enid Louise Ellwood, and Lillian Gertrude Warne. The valedictorian was Elizabeth K. McCann.

Married: Recently, Miss Barbara Grace Claxton (St. Paul's Hospital, 1938) to Mr. John Douglas Gregson.

Married: Recently, Miss Elizabeth Grace

Munn (Vancouver General Hospital, 1935) to Mr. Russell Hale Woolliams.

Married: Recently, at Arejalca, Bolivia, Miss Aileen Frances Welch (Royal Jubilee Hospital, 1934) to Mr. George Hodgson Bowman.

MANITOBA

BRANDON:

Brandon Graduate Nurses Association:

The annual meeting and banquet of the Brandon Graduate Nurses Association was held recently, the honour guests being the graduating class of the School of Nursing of the Brandon General Hospital. The flowers and programmes carried out the class colours of blue and gold. "Royal visit" spoons were the souvenirs of the occasion. The president, Miss Viola Vance, presided, and the guest speaker, Miss Gertrude Hall, of Winnipeg, gave an interesting account of the forty-fifth annual convention of the National League of Nursing Education which she attended in New Orleans. The general convener was Mrs. H. Eldon Hanray, and the slate of officers for the coming season was brought in by Mrs. Brian Bird. The officers are as follows: honourary president, Miss E. Birtles; honourary vice-president, Mrs. Shillingham; president, Mrs. D. L. Johnson; vice-president, Mrs. J. D. Sills; secretary, Miss K. Wilkes; treasurer, Miss W. Mitchell; press reporter, Miss M. Peacock; Citizen's Welfare representative, Mrs. H. S. Perdue; registrar, Miss C. Macleod; social convener, Mrs. H. Trotter.

NEW BRUNSWICK

ST. STEPHEN:

National Hospital Day was observed here by the Chipman Memorial Hospital opening its doors to visitors during the afternoon. The staff nurses showed the visitors through the Hospital and Nurses Home, and the Ladies Advisory Board served tea. The Alumnae Association of the Chipman Memorial Hospital had a successful food sale in one of the uptown stores recently.

Miss Mabel McMullen and Miss C. M. Boyd attended the Council Meeting of the N.B.A.R.N. in Moncton. On the return trip, they met with an accident, when their car overturned. Both escaped with minor injuries.

Miss Margaret Flemming, R.N., has accepted a position on the staff of the Boston

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Lying-In Hospital, where she completed a course on post-graduate study in May.

Miss Reta Follis, superintendent of nurses, is spending her vacation at Pembroke, Ontario.

Married: Recently, Miss Nellie McCollough, R.N., to Mr. Lester Crandlemire.

ONTARIO

District 1

Sarnia:

Miss I. McLean attended the annual meeting of the R.N.A.O. in Toronto as a delegate from the Sarnia Nurses Registry.

Misses Gertrude Knight, Martha Dale, and Nola Rowland, all of whom are Sarnia General Hospital graduates, are in New York state doing general duty. Miss Marion Thompson is taking a post-graduate course at the Laurentian Hospital, Ste. Agathe, Quebec.

Married: On May 27, 1939, Miss Jean Ross (S.G.H., 1937) to Mr. James Lennox.

Districts 2 and 3

On May 6, the public health nurses of Districts 2 and 3, Registered Nurses Association of Ontario, held their first sectional meeting. There were 37 nurses present. The meeting took the form of a supper, followed by some discussion of business, and later all the nurses were taken in cars to Freeport Sanatorium where Dr. E. N. Coutts gave a very interesting talk on the public health aspect of tuberculosis. It was decided to hold another supper meeting in October when local problems will be discussed. Many branches of public health nursing were represented, including the Victorian Order of Nurses, industrial nurses, school nurses, infant welfare nurses, and generalised public health nurses. This should greatly assist the various groups to understand each other's problems. We hope to have another meeting in May, 1940, when there would again be a speaker. A resolution was forwarded to Miss Edna Moore, suggesting that "Industrial Nursing" be the topic for discussion at the 1940 Health Officers Association meeting at the session which is being alloted to the public health nurses.

District 5

Toronto:

Toronto Western Hospital:

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ceived by the members of the Alumnae Association of the Toronto Western Hospital was accepted by a capacity attendance and fully enjoyed by all present at a meeting featuring an "Ask me another" programme. Representatives from the various phases of hospital, private duty, and public health nursing were interviewed by the master of ceremonies, Mr. W. McConnell, of the staff of the Toronto Evening Telegram. Playing the role of "Mr. Citizen" he questioned each representative in turn, gaining a wealth of knowledge as they clearly and concisely gave information pertaining to their particular type of work. Miss Stevens, of the preliminary class of the School of Nursing, presented the history of the Toronto Western Hospital as to foundation, bed capacity, and steadily increasing size and high rank in comparison with other hospitals in Ontario. "Miss Emergency", represented by Miss M. Hamilton, gave apt answers regarding pneumothorax and poisoning, and referred to the extensive work done by the follow-up clinic. The administration of M & B "693" was described by Miss Butler who also answered questions dealing with vitamins, asthma, arthritis, and heart disease. Surgery, represented by Miss S. McCallum, dealt with the latest treatment of fractures, administration of oxygen, and nursing care in gas gangrene. Miss Wark, of the dietary staff, told why a nurse should have knowledge of foods and nutrition. Mrs. Cann gave information concerning the Central Registry, its objects and service.

Under the heading of public health, excellent accounts were given by Miss Gardner, Miss E. Hewitt, and Miss Palk, concerning the work of public health nurses, mothercraft, and the Victorian Order of Nurses, especially in relation to the guidance of the young mother in the care of her baby and the numberless small acts of kindness performed daily in the name of service. The rôle of "Miss Graduate of 1939" was taken by Miss K. Locke who closed the discussion by stating her reasons for belonging to the Alumnae Association, the meaning of reciprocity, and why she should subscribe to *The Canadian Nurse*, which is the official organ of the Canadian Nurses Association. Each member of the graduating class of 1939 was then introduced to the assembly by her "big sister". A pleasant social hour brought a successful and worthwhile evening to a close.

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Toronto Western Hospital:

Over three hundred members of the Alumnae Association of the Toronto Western Hospital attended a very successful dinner which proved one of the most enjoyable events of the year. Many graduates came from distant points so that they might once again join with their fellows in honouring their School. Following the toast to the King, the toast to our Alma Mater was proposed by Miss G. Rowan, who referred to the successful amalgamation of the Alumnae Associations of Grace and Western Hospitals. Miss Beatrice Ellis, superintendent of nurses, responded, paying tribute to the Alumnae Association and to its important connection with hospital life. The president of the Association, Miss Gladys Sharpe, who very ably occupied the chair, was then presented with a gavel bearing a gold inscription from the Class of 1913. Dr. Archer Wallace, the speaker of the evening, held the interest of everyone. We were carried from the realm of humour to things of serious portent as we listened to and marvelled at the magnetism of a great personality. An address so simply applied and yet so full of human interest left an undeniable impression upon everyone present.

District 6

BELLEVILLE:

The Alumnae Association of the Belleville General Hospital and Chapter A, District 6, R.N.A.O., recently held a joint meeting in the lecture room of the Mary Ritchie Hall, our new Nurses Residence which was opened in April. Miss Bertram occupied the chair for the Chapter meeting, and Miss Rita Fitzgerald, president, conducted the Alumnae meeting. Following the business meetings, Miss Hattie Mastin, district representative to the R.N.A.O. annual meeting, gave a very interesting report.

The nursing staff entertained the doctors and their wives at a tea recently in the Mary Ritchie Hall. During the afternoon the guests were shown through the residence. On Sunday, May 28, 1939, the Baccalaureate Service was held in Bridge Street United Church.

Several nurses from this District supervised groups of school children in Kingston at the time of the Royal visit.

PETERBOROUGH:

The regular meeting of Chapter C, District 6, R.N.A.O., was held recently at Nicholls Hospital, Peterborough. Mrs. Rundle occupied the chair, and Mrs. Taylor

told of some contacts she had made to help finance the Chapter. Miss Hogan brought to the attention of those present that the trial year for eight-hour duty is at an end and asked for suggestions. It was moved by Mrs. Leeson and seconded by Sister Gonzaga that Miss Hogan shall call a meeting of private duty nurses and report the results obtained from the angle of the patient, the hospital, the doctor, and the nurse.

A paper was read on horse and rabbit anti-pneumococcal sera, followed by discussion. The suggestion box was passed around so that each member might add a new idea for the meetings. At the close of the business session, Mrs. Hill introduced Dr. Charles Scott who chose obesity as his subject. This proved most interesting in this era of dieting and reducing. A vote of thanks was moved to Dr. Scott by Mrs. Finn. An enjoyable social hour followed.

District 7

KINGSTON:

Kingston General Hospital:

A most delightful and largely attended bridge was held recently by the Alumnae Association of the School of Nursing of the Kingston General Hospital. The guests were received by Miss Ann Baillie and Mrs. Hines. An interesting event was the drawing of the lucky ticket to determine the winner of the linen-filled walnut chest. The holder of the ticket was Miss Betty Morrison, student nurse at the Kingston General Hospital.

District 9

KIRKLAND LAKE:

The Kirkland Lake Chapter, Registered Nurses Association of Ontario, recently held a delightful dance to celebrate Hospital Day. The Chapter is a comparatively new organization in Kirkland Lake, and this is the first public event held under its auspices. The convener, Mrs. Ethel North, and her committee, are gratified with the financial success of an affair staged to procure funds to entertain the members of District 9, R.N.A.O., which will meet at Kirkland Lake on September 23, 1939, for their annual convention.

District 10

PORT ARTHUR:

At the regular meeting of District 10, R.N.A.O., held recently in the Port Arthur

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MISS FLORA E. STRUMM
Training School Office
Montreal General Hospital
Montreal, Que.

General Hospital, Miss D. Adams made a report on the annual meeting of the R.N.A.O. which she attended in April. Conveners reported on two successful teas which were held in Port Arthur and Fort William. A social hour followed. The June meeting took the form of an entertainment by District 10 with the graduating classes of the three Training Schools as guests.

St. Joseph's Hospital:

Celebrating the thirty-fifth anniversary of the founding of the Training School of St. Joseph's Hospital, a three-day reunion was held early in June under the auspices of the Alumnae Association. Nearly two hundred graduates attended, some coming from different cities in Canada, several from New York, and a few from as far west as California.

FORT WILLIAM:

McKellar General Hospital:

The teaching facilities of this Hospital have been re-arranged into a very compact and complete unit in one wing of the Hospital.

Married: Recently, Miss Fay Gleeson (McKellar General Hospital) to Mr. Lindsay Stanfield.

Married: Recently, Miss Lillian Risto (St. Joseph's Hospital) to Mr. Paul Korhonen.

QUEBEC

MONTREAL:

Montreal General Hospital:

Here's exciting news! Plans are being made for the Golden Jubilee Re-union of the Montreal General Hospital Training School for Nurses, which is to be held during the first week of June, 1940. The Committee on Arrangements was appointed at a recent meeting of the Alumnae Association, and consists of the Executive Committee, together with conveners of all special committees organized in connection with the event.

The conveners of Special Committees are as follows: Programme, Miss Martha Batson; entertainment, Miss Inez Welling; transportation, housing, and hospitality, Miss E. Frances Upton; exhibits, Miss Agnes Tennant; publicity, Mrs. L. H. Fisher. All correspondence should be sent to the Training School Office of the Montreal General Hospital.

Each graduate is asked to send her address, as well as the addresses of friends (particularly classmates) who may not have been in touch with their school recently, to Miss F. E. Strumm, so that every graduate of the School may later be communicated with individually.

Only by having the largest possible representation from each class can we achieve the success desired, therefore, let each one rally to the call and assist the committee in making this event one worthy of the occasion which it will commemorate, *Our Fiftieth Anniversary!*

Montreal General Hospital:

At the recent Convocation of McGill University, Miss C. R. Aitkenhead (1931), Miss A. H. R. Lamb (1933), Miss Edith Weston (1936) received diplomas for the course in Teaching and Supervision in Schools of Nursing, and Miss R. W. Myers (1936), Miss Dorothy B. Cotton (1937) and Miss P. Whitton (1938) in Public Health Nursing.

Miss A. H. R. Lamb has accepted the position of assistant superintendent to Miss Marie Des Barres of the Nemours Foundation Convalescent Cottages at Cherry Island, Maryland, for the summer months. Miss Dorothy I. MacRae (1927) has recently accepted the position of superintendent of the General Hospital, Iroquois Falls, Ontario.

Married: On June 1, 1939, Miss V. Olga Scott (M.G.H., 1933) to Mr. William H. Smith.

Married: On June 7, 1939, Miss Margaret J. Almond (M.G.H., 1933) to Mr. W. Selwyn Bouillon.

Married: On June 8, 1939, Miss Margaret J. Runnells (M.G.H., 1939) to Mr. B. E. Hewison Hill.

Royal Victoria Hospital:

At a recent meeting of the Alumnae Association considerable business was disposed of before the summer holidays begin.

Miss E. Hennigar (R.V.H., 1930) has resigned from the teaching department to become night supervisor of the Women's Pavilion.

Miss Jean Rowat (R.V.H., 1930) has resigned from the staff of the urological department, and Miss L. MacAllister (R.V.H., 1938) replaces her.

Misses Clarabelle Nicholson, Charlotte Cooper, and Jean Axford (all R.V.H.,

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1939), who have been attending the University of Western Ontario, obtained their B.Sc. in Nursing at Convocation.

Miss M. E. McRobbie (R.V.H., 1936) has resigned from the staff of the Children's Memorial Hospital.

Miss G. B. Balfour (R.V.H., 1936), assistant head nurse of the eye ward, has resigned from the staff of the R.V.H.

Miss M. Street (R.V.H., 1936) has accepted the position of assistant night supervisor of the Vancouver General Hospital.

Miss R. Pyper (R.V.H., 1938) has joined the staff of the Women's Pavilion.

Miss F. MacDonald (R.V.H., 1938) after completing the course in teaching and supervision at the School for Graduate Nurses, McGill University, has returned to the R.V.H. staff.

Married: Recently, Miss Elizabeth Kerr (R.V.H., 1937) to Mr. N. Crawford.

Married: Recently, Miss Grace B. Balfour (R.V.H., 1936) to Dr. A. Morrison.

QUEBEC CITY:

Jeffery Hale's Hospital:

The graduating exercises of the School of Nursing took place on June 6 in the presence of a large audience, fourteen nurses receiving their diplomas. Mr. J. T. Ross presided, and the diplomas were presented by Mrs. J. Boswell. The address to the graduating class was made by Dr. A. R. F. Hubbard. A very well attended dinner was given by the Alumnae Association in honour of the graduating class, the guest speaker being Miss E. Johns. A dance was given the following evening for the graduating class.

Miss Flanagan, Miss Lindeburgh, Miss Batson, and Miss Dickson were guests of Jeffery Hale's Hospital, the week-end of June 2 for the General Meeting of the A.R.N.P.Q.

SASKATCHEWAN

PRINCE ALBERT:

A number of graduate nurses came back to work with new aspirations after attending the very successful annual meeting of the Saskatchewan Registered Nurses Association held in Saskatoon. The Sisters of the Holy Family Hospital and a number of Holy Family graduates attended. Mrs. Jean Harry, superintendent of nurses of the Victaria Hospital, accompanied by Miss Phyllis Wilbur of the Victoria Hospital staff, left for the Pacific Coast and California after attending the convention.

Miss Margaret Francis of the Victoria Hospital staff has sailed for England. Mrs.

Pearl Frippe returned recently from a vacation spent in Toronto and Chicago. Dr. and Mrs. M. I. Humphries have returned after spending their honeymoon in Florida. Mrs. Humphries was formerly Miss Ethel Denike, a graduate of the Victoria Hospital.

PRINCE ALBERT:

The Registered Nurses Association of Prince Albert closed their monthly meetings for the summer with a steak roast held in the pines by the little Red River. A very enjoyable evening was spent.

Mrs. Jean Harry, superintendent of nurses of the Victoria Hospital, and Miss Phyllis Wilbur of the Victoria Hospital staff, have returned from their vacation spent in California.

Miss Gordon, of the Victoria Hospital staff, has accepted a position in the Rosetown Hospital, Saskatchewan.

SASKATOON:

Convocation Hall at the University of Saskatchewan was recently the scene of a happy setting when thirty-four nurses from St. Paul's Hospital School of Nursing, Saskatoon, received their medals and diplomas. The Rev. Father W. B. Markle, S.T.D., addressed the graduating class. A very pleasing feature of the programme was the musical selections rendered by the Glee Club of St. Paul's Hospital, under the direction of Mrs. L. D. Anderson.

Doubtless stimulated by the example of our National President, nurses in Saskatchewan are becoming air-minded. Two of them recently flew to Saskatoon to attend a meeting of the Board of Examiners and returned the same evening.

SASKATOON:

Eight nursing sisters had the unexpected honour of being presented to the King and Queen. Their rows of medals attracted the attention of Her Majesty just before the royal train left on its journey East. She spoke to the King and then asked the mayor to present them. Their Majesties were interested to learn that several from outside points, including Regina, were present. Among those who were presented were: Mrs. G. W. Parker, Mrs. J. W. Porter, Mrs. Frank Hoffman, Miss Jessie McRae, Mrs. A. M. McLennan, Miss Margaret H. McGill, all of Saskatoon; Mrs. Nye of Bounty, and Mrs. Goldie of White Fox.

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Quebec: (1) Miss M. L. Moag, 1246 Bishop Street, Montreal; (2) Miss M. Batson, The Montreal General Hospital, Montreal; (3) Miss A. Peverley, 2090 Claremont Ave., Apt. 46, Montreal; (4) Miss Marion E. Dart, 3563 Durocher St., Apt. 8, Montreal.

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Provincial Associations of Registered Nurses

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Alberta Association of Registered Nurses

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New Brunswick Association of Registered Nurses

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Prince Edward Island Registered Nurses Association

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QUEBEC

Association of Registered Nurses of the Province of Quebec (Incorporated, 1920)

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Saskatchewan Registered Nurses Association (Incorporated, 1917)

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Alumnae Associations

ALBERTA

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BRITISH COLUMBIA

A.A., St. Paul's Hospital, Vancouver

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MANITOBA

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Coles, 499 Main St. East; Secretary-Treasurer, Mutual Benefit Association, Miss M. Jarvis, 103 Wellington St. South; *Committee Conveners: Executive*, Miss E. Bingeman; *Programme*, Miss M. Suckling; *Flower and Visiting*, Miss G. Servos; *Budget*, Miss H. Aitken.

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